

ALL HANDS

MAGAZINE OF THE U.S. NAVY

MAY 1998

A full-page photograph of a football player in a black and white uniform with the number 55 running with the ball. He is wearing a black helmet with a gold facemask. In the background, another player in a similar uniform is visible, along with a blurred crowd of spectators.

Sports & Fitness

Advice from
the **Pros**

Junior Seau Pg. 2

ALL HANDS May

Number 972

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Photo by PH1 Jim Hampshire

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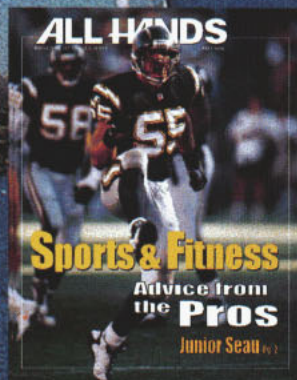
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San Diego Chargers Linebacker Junior Seau dances after sacking the quarterback during a matchup against the Tampa Bay Buccaneers. Check out what Seau has to say about sports and fitness in an All Hands exclusive on Page 2. Photo by Paul Spinelli.



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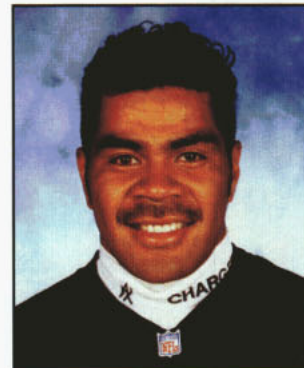
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Seau says how



San Diego Chargers Linebacker Junior Seau talks to Sailors about fitness and mental preparation

There are many demands that are put on every person to do his or her job. In my sport of professional football, staying fit is one of the most demanding things I do.

It begins with determination, pride, drive and the ability to work within one's self. And in the Navy, I know preparation for the physical demands are of significant importance.

Weight training is one of my passions. I take it very seriously. I want to be the best at everything I do. Therefore, the time I put into strength training is as important as if I was making a game-winning tackle. I know firsthand that weight lifting will reduce the risk of serious injury. It allows me to develop and maximize the strength of all parts of my body and has prolonged my career. It makes me the best linebacker I can be everyday I walk on to the field, whether it's for practice or games.

I have seen how hard each one of you work. Every day is a game day for you. If I can give you one piece of advice, use that weight room whether you're on land or sea. It will prepare you for the physical demands that are required to stay at the top.

When it comes to the mental preparation for football, like the Navy, studying your opponent is of utmost

importance. I take this very seriously. I'm always looking at game videos of the opposing offenses and the people I might have to face on Sunday. I study what they do in certain situations.

For example, our opponents may align themselves in a certain formation in a given situation and perhaps tip a play. At that point, it is up to me to recognize it and try to put our defense in a position so we can aggressively attack and win the battle on that play. I usually will look at the opponent's last four or five games to become familiar with what their coaches are thinking as it relates to downs and distances.

Before each game, as part of our preparation, our coaches put together a game plan and film. I study these and tie them in with practice each day leading up to gameday. All of this ensures I'm mentally familiar with both the opponents' and our own game plan before kickoff. By preparing this way, it gives me confidence. I

know we have taken all possible measures to prepare ourselves for our rivals on Sundays at 1 p.m.

I wish all of you the best of luck in your careers and thank you for taking great pride in our country! ‡

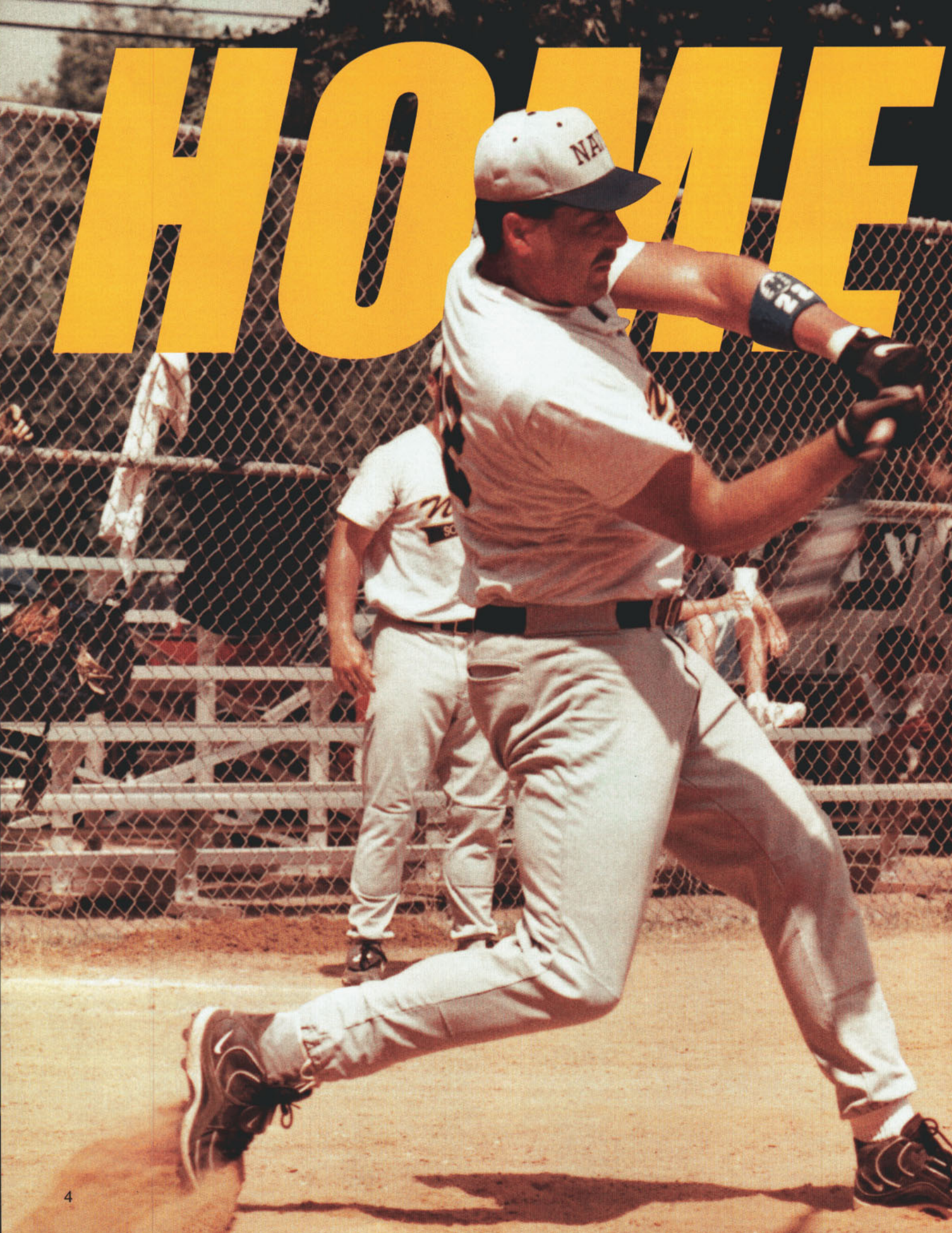
Seau is an all-pro linebacker for the San Diego Chargers. Photos courtesy of San Diego Chargers.



*"When it comes to the
mental preparation for
football, like the Navy,
studying your opponent
is of utmost importance."
- Junior Seau*



HOME





RUN!

Navy Sports goes DEEP

Story by JO2 Jeremy Allen

Do you eat, drink and breathe sports? Is finding the gym or joining a league the first thing you do when you arrive at a new command?

Well, whether you're an accomplished athlete or just like the idea of competing, the Navy Sports Program (NSP) may be the thing for you.

The NSP is an extension of the base-level sports program. "It gives top athletes who compete in intramurals the opportunity to compete beyond that level," said John Hickok, director of the program. "In some instances it gives them the opportunity to compete beyond the regional level, and even allows

some people to go on to Armed Forces competitions, both nationally and internationally."

Any active-duty Sailor or member of the selective reserve may participate in the NSP, which has 14 sports teams that compete at the college level and above. Sailors can start at the intramural level and work their way to an All-Navy team, but prior experience at the base level is not required.

To try out simply visit your base's athletic director and request an application. "When filling it out, talk about specific events and names of references that NSP can check on," said Hickok. "The best references are those people who have played on an



Participating in the NSP takes a high degree of dedication and professionalism because, as with all Navy programs, being a Sailor comes first. NSP athletes

All-Navy team in that sport."

Every application is reviewed, regardless of the Sailor's background and experience. "To be competitive you really need to be playing all the time at some level to maintain your skills," said Hickok. The lucky ones will be offered a trip to training camp, where they will be evaluated by the coaching staff.

Those who make the cut will represent the Navy at the Armed Forces Championship. At the conclusion of the tournament, officials will select an all-star team which will go on to the national championships or the Conseile International Du Sports Militaire (CISM), which is an international military championship second in size only to the Olympics.

The cost of sending athletes and their coaches to these events is covered by the Bureau of Naval Personnel. "There is no out-of-pocket expenses for commands to send one of their Sailors," said Hickok. "It only really costs the command time when the Sailor is away at training camp."

must balance their everyday duties with a demanding practice schedule. But, NSP gives Sailors with an athletic talent the opportunity to use it — while on active duty.

So, if you've got what it takes to represent the Navy, visit your athletic director and pick up an application for the Navy Sports Program. Just do it!

SPORTS CALENDAR

The 1998 Navy Sports Calendar began late last year with the Boxing Training Camp which concluded Feb. 9. Listed below are the remaining camps and championships sanctioned by the Armed Forces.

TRACK and FIELD

Training Camp
Armed Forces

TRIATHLON

Training Camp
Armed Forces

MEN'S SOFTBALL

Training Camp
Armed Forces

WOMEN'S SOFTBALL

Training Camp
Armed Forces

GOLF

Training Camp
Armed Forces

TENNIS

Training Camp
Armed Forces

SOCCER

Training Camp
Armed Forces

MEN'S BASKETBALL

Training Camp
Armed Forces

No camp
Camp Pendleton

No camp
NAB Coronado

NAS Paxtuxent River, Md.
Ft Carson, Colo.

JRB Fort Worth, Texas
Ft Carson, Colo.

No camp
NAS Pensacola, Fla.

NAB Little Creek, Va.
Fort Eustis

NAS Whiting Field
McDill AFB

NS Mayport
Charleston AFB

May 26-31

June 3-6

July 27-Aug. 16
Aug. 17-22

July 27-Aug. 16
Aug. 17-22

Aug. 17-22

Sept. 13-17
Sept. 18-25

Aug. 1-21
Aug. 22-25

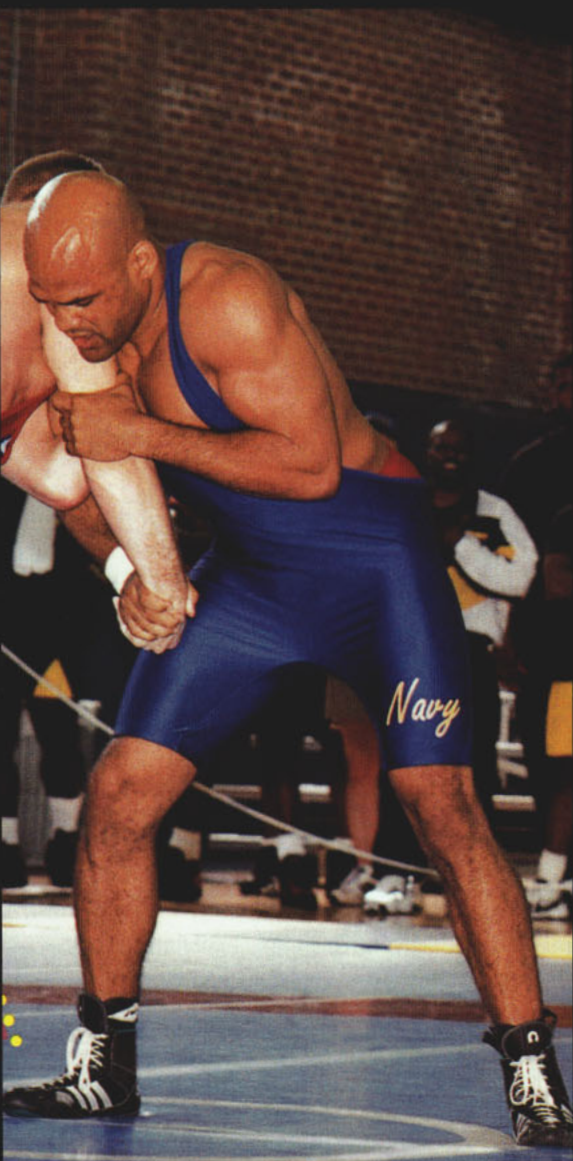
Oct. 26-Nov. 15
Nov. 16-21



HotLink

For more information on the Navy Sports Program call your local Athletic Director or check out www.mwr.navy.mil





Alanna Blahoski



**Forward, U.S. Women's Ice Hockey Team
Gold Medalist, 1998 Olympic Games
Nagano, Japan**

Q

What inspired you to get involved in hockey?

A

"I watched my older brother play hockey when I was young, but Minnesota rinks are much too cold to be a spectator for an entire winter. Also, since I was already at the rink, my dad thought the best way to keep an eye on me was to have me on the ice. There's really nothing better than being a part of a team and reaching a common goal together."

Q

What types of fitness/conditioning training do you use to prepare for your sport?

A

"The best way to condition for ice hockey is to be on the ice every day, but since that isn't always possible, I do as much training as I can outdoors at high elevation — running, hiking, mountain biking."



i want muscle

information
provided by

Bill Nye, the science guy

The heart

You have muscles all over your body that help you move around. Some of them you can control, like the ones in your arms. Some of them you can't, like the ones that make your stomach growl. But there's one



group of muscles that's always working - all the time. You can't see them, but without them you can't go anywhere or do anything. They are the muscles that make up your heart.

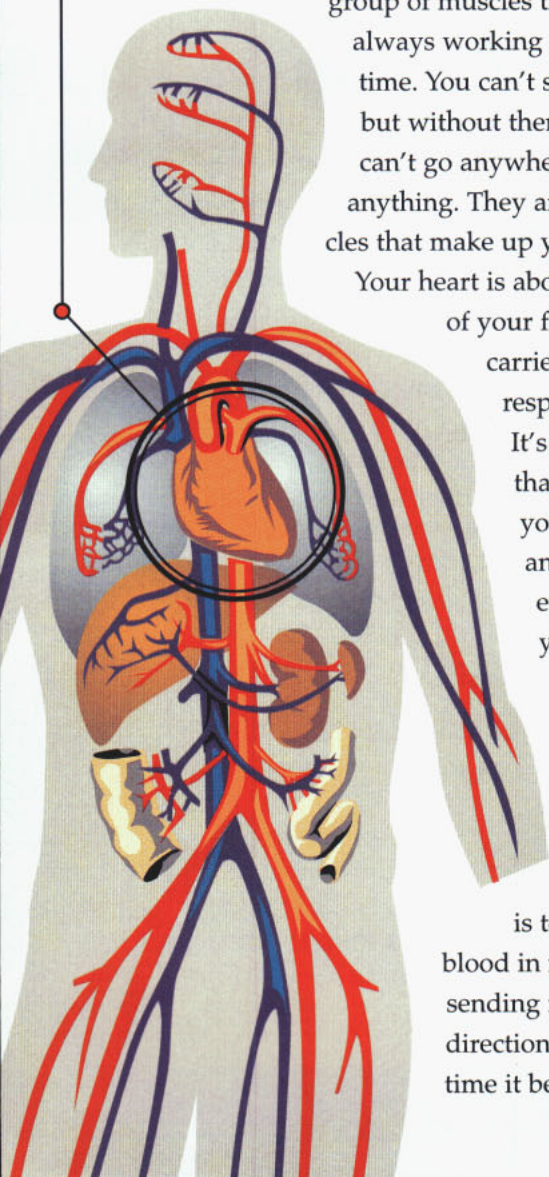
Your heart is about the size

of your fist and it carries a lot of responsibility.

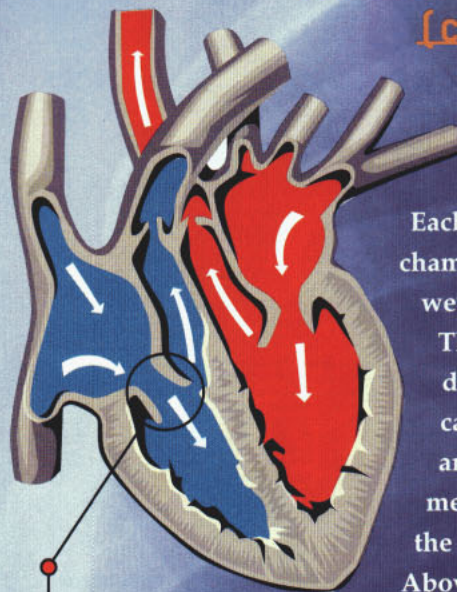
It's the pump that keeps you going and going, even when you sleep.

Your heart pushes blood all through your body, and its job

is to keep the blood in motion, sending it in two directions every time it beats.



The heart's rooms (chambers)



To send blood two ways at once, your heart has two sides.

Each side has two parts or chambers. Altogether we've got four chambers.

The two big chambers down at the bottom are called ventricles, from an old Latin word that means "belly." These are the bellies of your heart.

Above each belly or ventricle, is a chamber called the

atrium, from an old Latin word that means "main room." In olden days, when guests came into a house, the first room they visited was the atrium. When the blood comes back to the heart, it comes to the atrium.

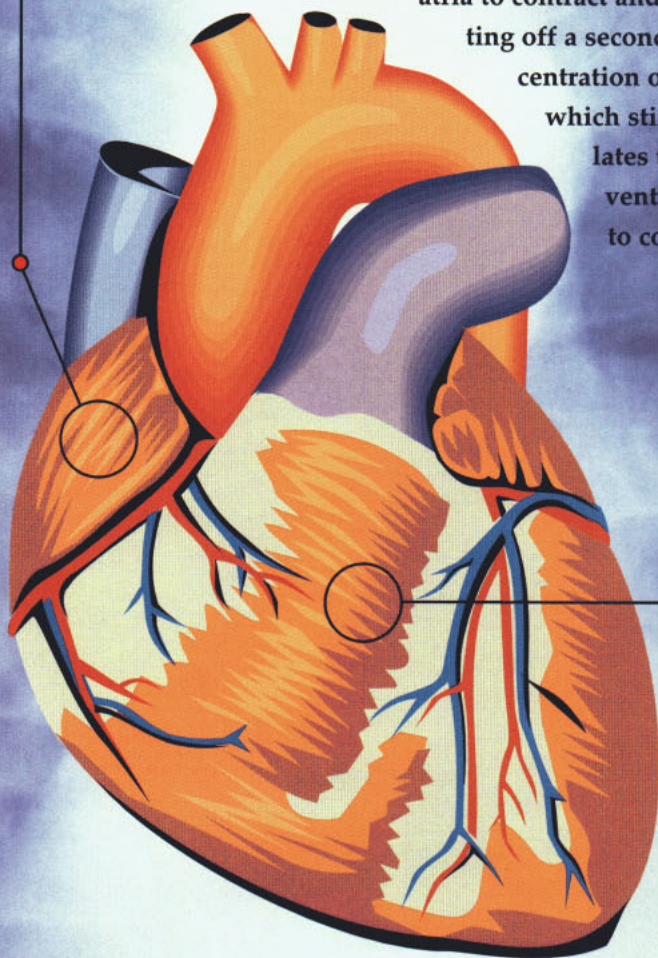
The gates (valves)

Now, to make the circulation work, your heart has valves, sort of like gates between the top and bottom chambers. Valves keep the blood flowing in one direction. Without valves, the pump won't work. It's a cycle. Every time your heart pumps, blood leaves your left ventricle and goes up to your system. Then it comes back to your right atrium and goes down to your right ventricle, then it's back up to your lungs and to your left atrium and then down again to your left ventricle. It happens all day, all the time.

sinoatrial (sine-oh-A-tree-al)

On the right side of your heart wall there's a patch of nerves that sends an electrical signal to your heart and makes it pump, pump, pump - all day and all night. These nerves are your natural pacemaker, or your sinoatrial nerves. The pacemaker acts like spark plugs to ignite each heartbeat, stimulating the muscles in the

atria to contract and setting off a second concentration of cells which stimulates the ventricles to contract.



striated muscles

They're called striations or stripes. When these muscles move, they contract. They move together like pieces of tubing. Striated muscles are called skeletal muscles because they make your skeleton move.



smooth muscles

These muscles slowly contract. They can stay contracted a long time, but they don't pull as hard or as quickly as the powerful muscles in your arms. They hardly ever get tired and are as tight as a hose. Both smooth and skeletal muscles cells will contract only when our nervous system commands them to do so.

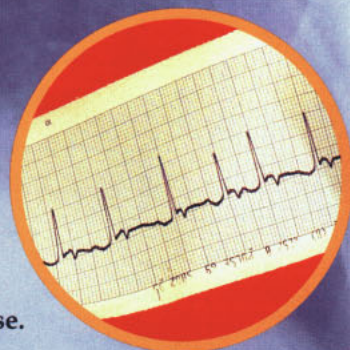


cardiac muscles

They're a combination of smooth and striated muscles. Heart muscles don't get tired, they're very strong and work naturally. Only cardiac muscles cells can contract on their own. They have the ability to start and transmit their own electrical impulses to contract.

The pitter-patter (beat)

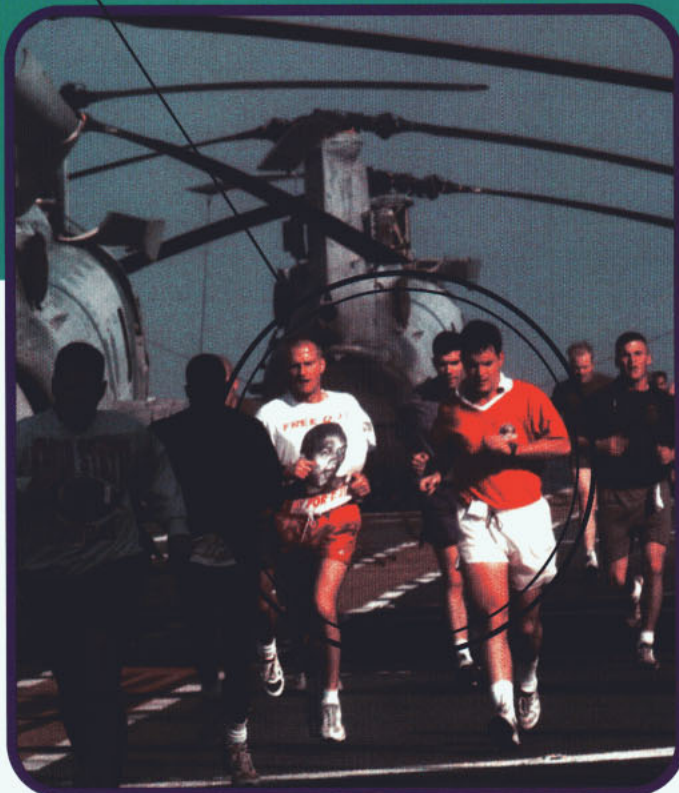
The normal heart beats anywhere from 60 to 100 beats per minute while at rest. For example, when you're sleeping, your body doesn't need as much oxygen, so your heartbeat is lower. But when you're scared, excited or doing intense exercises, your heartbeat speeds up. It's your body sending a message to your heart saying, "pump more blood." Scientists call this "the fight or flight" response.





exercise

You can make your heart muscles stronger by exercising them. So try walking, running, jumping, hiking, diving, leaping, swimming or riding a bike. When you do intense exercises, the heart pumps much faster and squeezes about seven times as much blood all around the body. When you're sitting or squatting, blood is still being pumped to your brain by your heart. If you stand up real fast, some of the blood stays down in your legs and your feet and you can feel light-headed or even faint — like when you're on a roller coaster.



eating

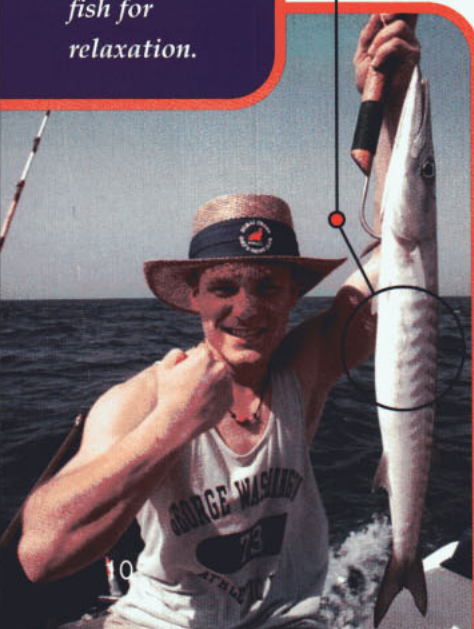
Eating too much makes us gain weight and gain body mass. And then your blood has to travel a lot further every time it pumps around your body.

One way to lessen your body fat is to watch what you eat and count those grams of fat and calories.

We all need some fat.

We've got fat in our feet, hands, nerves and brains. Even our heart has a little fat padding around it. But too much fat, especially animal fat, can be bad. Watch out for the greasy french fries, cheeseburgers, butter, ice cream or bacon because this stuff can end up inside your blood vessels. Eat foods like vegetables, beans, grains and non-fat dairy products. They're all foods without a lot of fat and they're easy on the heart.

83% of anglers fish for relaxation.





"I'm thinking about exercises to strengthen my heart muscles."

injuries

Normally your blood flows right through your blood vessels, like water through a pipe. Every once in a while, you might injure yourself, so your blood vessel springs a leak. When that happens, you see blood. Your blood carries special proteins that stick to the sharp cut edges of your torn vessel and form a blood clot. This type of blood clot is good because it helps your body to heal. If you happen to have a large deposit of fat and the blood clot sticks to the fat, then your blood can't flow freely through your vessel and everything gets jammed. It sets off a chain reaction.

The muscles downstream can't get enough oxygen. If it happens to be a blood vessel leading to your heart, it can give you a heart attack. Blood clots can be bad, so don't take in too much fat or cholesterol.



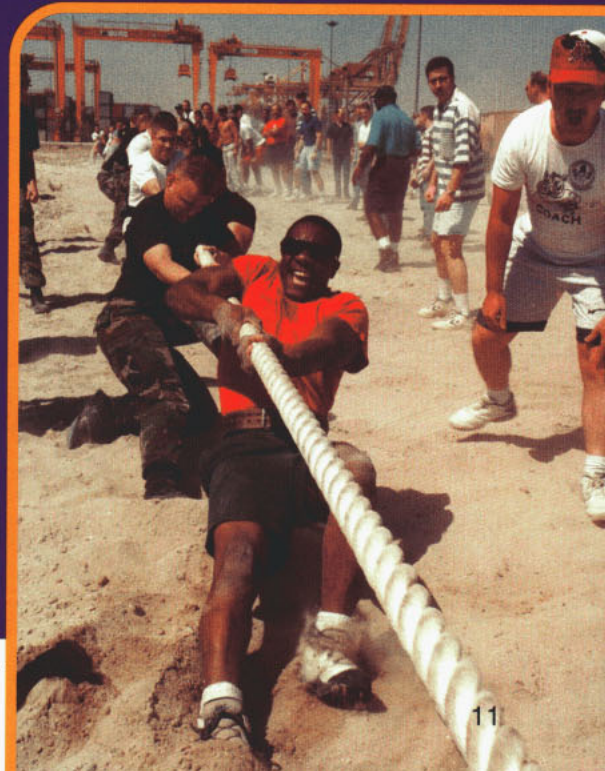
Heart factsoids:

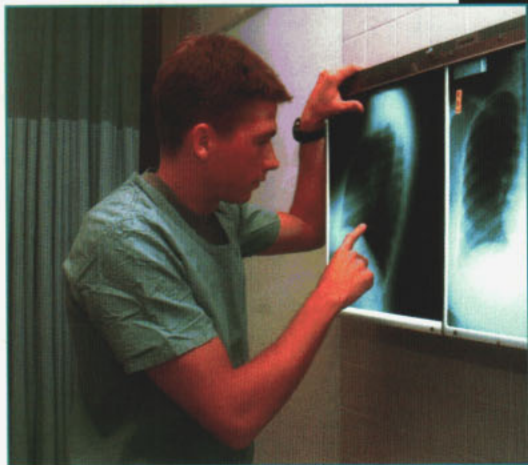
- Is as big as your fist.
- From birth to old age, the heart beats about 2.5 billion times.
- Weighs less than one pound
- Your heart is a busy pump linked by 100,000 miles of pipeline to all parts of the body.
- Beats about 70 times a minute, and more than 100,000 times in a single day.
- Pumps 5 quarts of blood through its chambers every 60 seconds.
- Does enough work in one hour to lift a weight of 1 1/2 short ton off the ground.

Compiled by Patricia Oladiende, a staff writer assigned to All Hands.

overweight

When you're overweight, your heart has to work harder. You need more oxygen and energy to move around, so your heart has to pump more blood. Try this test: Jump rope for about a minute and then check your heart rate. Next, put about 10 extra pounds in a bookbag and strap it on. Start jumping rope. Test your heart rate again. It should be faster than it was before.





Navy Corpsman TRIPLI

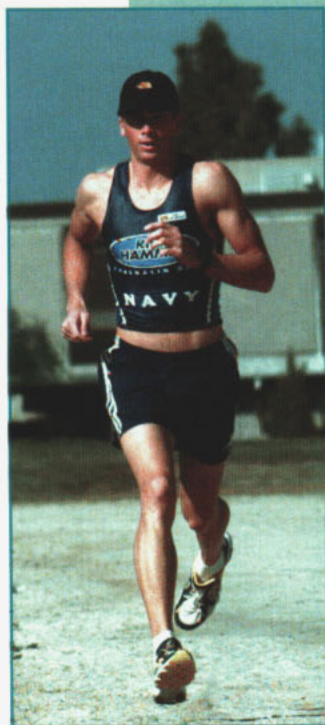
Story by JO2 Rich Henson and
photos by PH2 Ted Banks

Whether he's racing to save lives in the emergency room or racing against the clock on the track, in the pool or on the road, Hospital Corpsman 3rd Class (Fleet Marine Force) Harold K. Montford takes his work seriously.

For the 24-year-old Sailor and triathlete from Panama City, Fla., staying competitive means staying in shape.

Montford's dedication and commitment to physical fitness earned him the distinction of being named 1997 Armed Forces Athlete of the Year.

Montford's competitive resume is impressive: gold medal, 1997 Conseil Internationale du Sport Militaire World Championship, Karachi,



Pakistan; gold medal, 1997 Torii Station Triathlon, Okinawa, Japan; bronze medal, 1997 Armed Forces Triathlon, Camp Lejeune, N.C.

Montford's desire to stay competitive keeps him in top physical form. "I just like to compete. Setting goals and reaching them is like a

natural high for me."

Montford's day begins at 5 a.m. with a pre-dawn run before reporting for duty. After lunch he hits the pavement on his custom-built racing bike and his evenings are spent swimming laps or lifting weights.

Such an intense workout schedule burns a lot of energy, so proper diet is one thing Montford never compromises. "I'm a big believer in nutrition. I supplement my diet after each workout, so my muscles have the protein they need to repair

an is a

THREAT!



themselves."

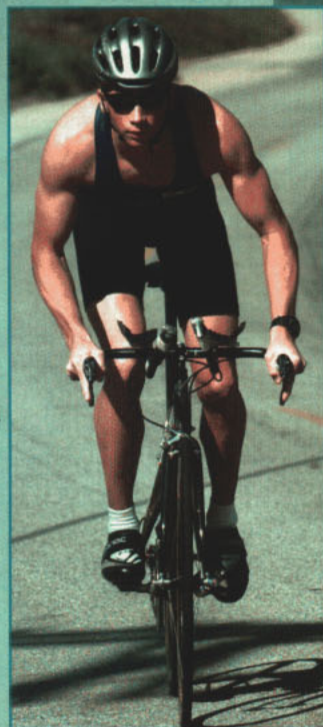
Preparation and planning play a big part in Montford's life, whether it's on the job or in competition. "Goal setting is as important to success as hard-work. Not only do you have to be physically prepared, you have to be mentally ready as well. Set your goals high and go for it."

Montford believes strongly in the benefits of good physical fitness and a healthy lifestyle, especially in relation to the daily rigors of the naval service. "Being in the military, you never know what you might be asked to do. So everyone should be physically ready.

We are also under a lot of stress and exercise is the perfect way to deal with it."

Though Montford has met many of his personal goals for 1997, he is quick to point out that the best is yet to come. He has his sights set on the ultimate goal, Olympic Gold in 2000! Every day of training brings him closer to his dream of a trip to the Summer Games in Sydney, Australia. "They say 'Dreams are only limited by your imagination,' and I dream about the Olympics every night so don't count me out." †

Henson and Banks are assigned to the Navy Public Affairs Center, San Diego



Rai

Story by
PHAN Lena Gonzalez

The year was 1976 and Olympic world-class Decathlete Bruce Jenner had just won the gold medal at the summer Olympics in Montreal, Canada. A young girl from Bakersfield, Calif., watched on a small television as he took his historic victory lap, the U.S. flag draped over his shoulders. It was at that moment she knew. She would one day be a part of the Olympic dream.

"I didn't know how. I didn't know when. I didn't know what I was going to do, but I was going [to the Olympics]," recalled LTJG Christine R. Stancliff, now working as a physical education instructor and assistant track-and-field coach at the U.S. Naval Academy, Annapolis, Md.

Stancliff, selected 1997 Navy Female Athlete of the Year by the U.S. Military Sports Association, owes much of her success in athletics to her naval experience. "I firmly believe that being in the Navy has helped me. This is what I needed — the organization," said the 34-year-old athlete.

Stancliff has ranked in the

ALL HANDS

sing the Bar

top 15 for female javelin throwers in the United States since 1991 and placed 4th at the National Track and Field Competition in Sacramento, Calif., in 1995. She is currently ranked 5th in the nation and has qualified for a spot at the U.S. Olympic trials in 1996, despite beginning 1997 with knee surgery to remove a bone spur. With tremendous willpower and strength, Stancliff overcame incredible odds just to compete at the Armed Forces Track and Field Championship in Port Hueneme, Calif. But, she did far more than that. She captured a gold in the javelin, shot put and high jump, and a silver in the discus. In all, Stancliff

earned 15 of the 17 points scored by the women's team.

Even with all her athletic achievements, Stancliff considers herself more than just an athlete. She is a role model for kids, volunteering in her spare time at the local 4-H Club.

1998 should prove

to be an exciting season for Stancliff. First she will travel to Camp Pendleton, Calif., for the Armed Forces Track and Field Championship, then she'll compete at the U.S. Nationals in Baton Rouge, La., where she hopes to finish in the top three to qualify for the U.S. Olympic Team.

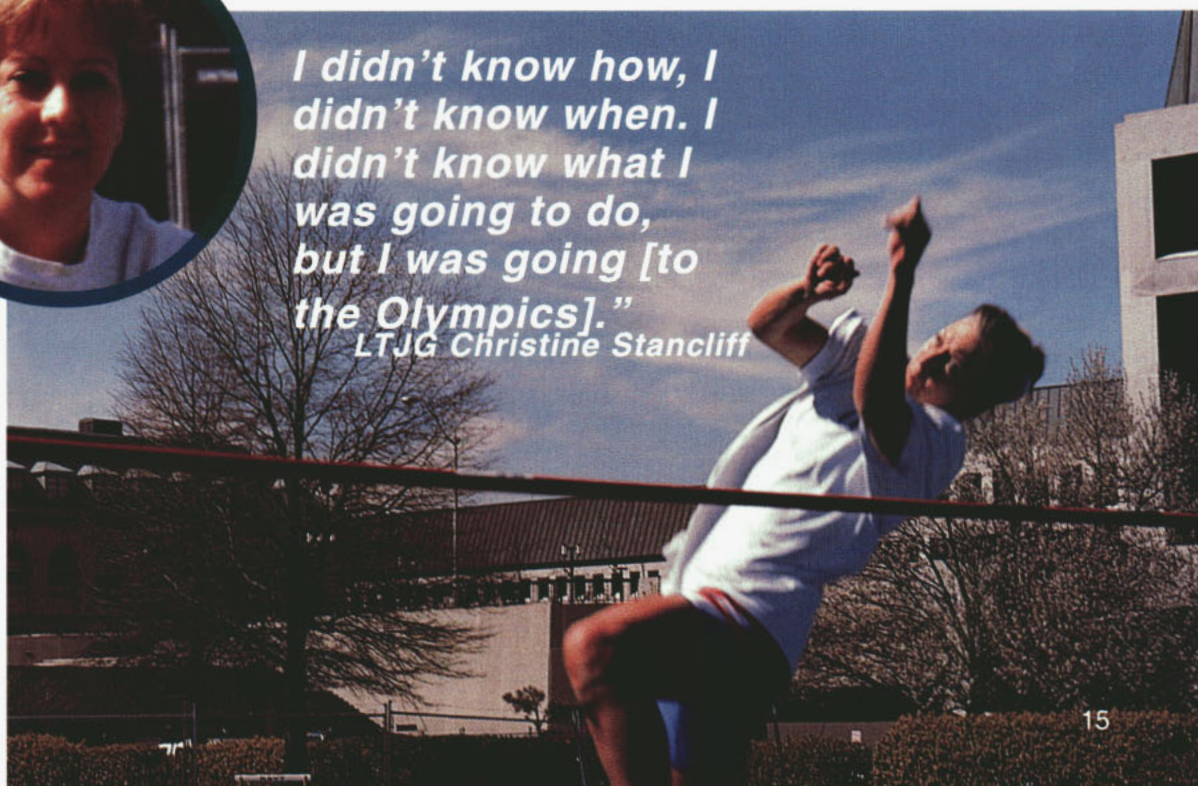
How does this Olympic hopeful feel about her future? She smiles as she remembers her childhood dream, which is so very close to becoming a reality. "I'm very excited, very hopeful and very positive." ‡

Gonzalez is a photographer's mate for All Hands.



I didn't know how, I didn't know when. I didn't know what I was going to do, but I was going [to the Olympics]."

LTJG Christine Stancliff





HEALTH HINTS



WEIGHT CYCLING - THE "YO-YO" PROBLEM

Hey! Get off that scale!

Carrying a few extra pounds of body weight may be less harmful than "yo-yo" dieting! The cycle of repeatedly losing and gaining weight can make weight management more difficult in the long run. It can also lead to poor self-esteem, eating disorders and heart disease.

Weight cycling often comes from quick-fix diets and other weight-loss gimmicks.

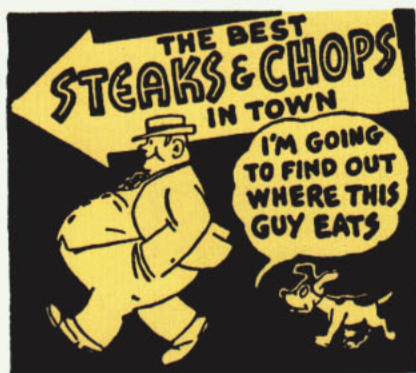


The weight rarely stays off and when it comes back, it brings with it feelings of frustration and failure.

Without physical activity, each time the dieter sheds a few pounds, he or she loses lean body mass, along with body fat. When the diet ends and the pounds go back on, they are mostly fat, which burns less energy than muscle. Each time the cycle repeats itself, the dieter finds it harder to lose weight. And the pattern of "failure, success, failure" can really do a number on the psyche, making it harder and harder to try again.

If the repeated ups and downs of dieting describe your weight problem, shift your approach to management. You can break the cycle. Go for long-term changes, rather than short-term fixes.

Change what you eat, the way you eat, your activity level and your lifestyle. It's the only way to be healthy—for life.



Body Composition: Fit, Not Fat

For athletic performance, your body composition may be more important than your weight, unless you compete in a weight category. That's true even if you're not an athlete. Health risks go up as the proportion of body fat increases. A lean, muscular body has benefits beyond athletics and good looks—it's a quality of overall fitness.



For non-athletes, body fat levels of 15 to 18 percent for men, and 20 to 25 percent for women are considered acceptable. Body fat levels below 4 percent for men and 10 percent for women suggest an eating disorder. According to the Institute of Medicine, obesity is defined as more than 25 percent body fat for men and more than 30 percent for women.



What's healthy for athletes? Male athletes typically have body fat values of 5 to 12 percent; female athletes, 10 to 20 percent. The difference depends on the sport and position within a specific sport.



If you want to know your body composition, check with a trained health professional. Health professionals use specialized techniques, such as skinfold measurements, underwater weighing and bioelectrical impedance (done with a computer). You can't get an accurate body fat measurement on your own.



10

Every Day Ways to Get Moving!

Do you find it difficult to fit 30 minutes of physical activity into your day? Here's 10 ways you can boost your fitness level just by doing every day activities with a little more vigor. Most take little, if any, extra time and they will all get you moving!

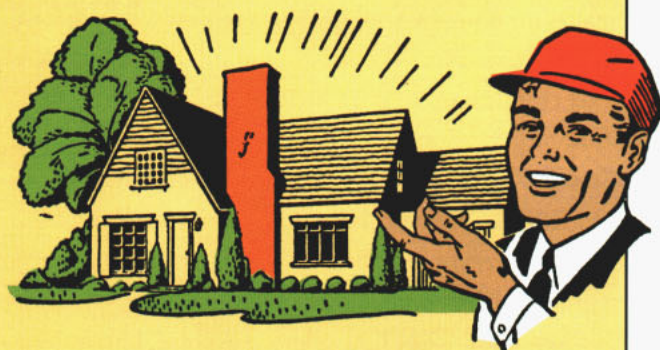
1. Take the stairs! Why use the elevator or escalator when walking up stairs is a great heart exerciser and calorie burner!

2. Park at the far end of the parking lot. Get off the bus a stop ahead. Walk to work or ride a bike.

3. Walk around your building during your lunch hour or coffee break. You'll burn energy rather than being tempted to nibble on a snack.
4. Push your lawn mower instead of using the power-assisted drive. Skip the snow blower; shovel your sidewalk by hand.

5. Plant a garden. Grow fresh vegetables and herbs if you can. In the fall, rake leaves.

6. Don't be a couch potato! While you watch television, do household chores or projects: mop the kitchen floor, refinish a piece of furniture or workout.



7. Clean the house. Wash the windows, vacuum or shampoo the carpet, scrub the bathtub, clean out the garage or basement, sweep the sidewalk. You'd be surprised how good a sweat you can work up doing chores around the house.

8. Forget the drive-through carwash. Wash the car yourself. You'll burn calories and save money!

9. Are you a computer user? Allot yourself at least five minutes of exercise for every hour spent at the keyboard.

10. Plan an active family vacation or weekend outing. Don't just sit on a beach! Go canoeing, hiking or snow skiing.



GOOD EATS!

Healthful, No-Cook Snacks for Kids and You!

Do you or your kids have a case of the after-school munchies? Try these healthful, no-cook snacks. They're easy and fun to make, and depending on your child's age, require little or no adult supervision.

Snack Kebobs. Cut raw vegetables or fruit into chunks. Skewer them onto thin pretzel sticks.

(Hint: To prevent discoloration, dip apples, bananas or pears in orange or lemon juice after cutting.)

Veggies with Dip. Cut celery, zucchini, cucumbers or carrots into sticks or coins. Then dip them into prepared salsa or lowfat dip.

Banana Pops. Peel a banana. Dip it in yogurt, roll it in crushed breakfast cereal and freeze.



Fruit Shake-Ups. Put 1/2 cup lowfat fruit yogurt and 1/2 cup cold fruit juice in a non-breakable, covered container. Make sure the lid is tight. Then shake it up, and pour into a cup.

Pudding Shakes. Use the same technique for making fruit shake-ups, but instead mix 1/2 cup cold milk with 3 tablespoons of instant pudding.

Sandwich Cut-Outs. Using cookie cutters with fun shapes—like dinosaurs, stars and hearts—cut slices of cheese, meat and whole-grain bread. Then put them together to make fun sandwiches. Eat the edges, too.



Peanut Butter Balls. Mix peanut butter and bran or corn flakes in a bowl. Shape them into balls and roll them in crushed graham crackers.

Ice Cream-Wiches. Put a small scoop of ice cream or frozen yogurt between two oatmeal cookies or frozen waffles. Make a batch of these sandwiches ahead, and freeze them.

Ants on a Log. Fill celery with peanut butter or cream cheese. Arrange raisins along the top.



5 Great Ways to "Fiber Up!"

Are you eating the daily recommended 20 to 35 grams of fiber? If not, these five hints will help you to "fiber up!"

1. Eat at least five servings of fruits and vegetables daily. Apples, bananas, carrots and celery make great snacks.

2. Remember breakfast! It's a great time to eat fiber-rich foods. Check food labels for cereals with five or more grams of fiber per serving. You can top off your bowl with fruit for a little extra fiber.

3. Switch to whole-grains. Making sandwiches on a variety of whole-grain breads adds taste and fiber to your diet. Breads with whole grain include cracked wheat, oatmeal, pumpernickel, rye, whole-wheat and even cornbread made from whole, ground cornmeal. Eat breads made with bran, too, such as bran muffins.

4. Eat high-fiber snacks. Popcorn, fresh fruit, raw vegetables and nuts all have lots of fiber.

5. Enjoy fruits and vegetables with the skin on. With the skin, a medium potato has 3.6 grams of fiber. Skinless, it has only 2.3 grams.

Milk, Yogurt &
Cheese Group
2-3 SERVINGS



Vegetable Group
3-5 SERVINGS



Breads, Cereal,
Rice & Pasta Group
6-11 SERVINGS



The Food Guide Pyramid:

A GUIDE TO DAILY FOOD CHOICES



The Food Guide Pyramid is an outline of what to eat each day based on the Dietary Guidelines. It's not a rigid prescription but a general guide that lets you choose a healthful diet that's right for you.

The Pyramid calls for eating a variety of foods to get the nutrients you need and the right amount of calories to maintain healthy weight.

Use the Pyramid to help you eat better every day...the Dietary Guidelines way. Start with plenty of breads, cereals, rice, pasta, vegetables, and fruits.

Add 2-3 servings from the milk group and 2-3 servings from the meat group. Remember to go easy on fats, oils, and sweets, the foods in the small tip of the Pyramid.



Fats, Oils & Sweets
USE SPARINGLY



Meat, Poultry, Fish, Dry
Beans, Eggs & Nuts Group
2-3 SERVINGS



Fruit Group
2-4 SERVINGS



What Counts as One Serving?



The amount of food that counts as one serving is listed below. If you eat a larger portion, count it as more than 1 serving. For example, a dinner portion of spaghetti would count as 2 or 3 servings of pasta.

Be sure to eat at least the lowest number of servings from the five major food groups listed below. You need them for the vitamins, minerals, carbohydrates, and protein they provide. Just try to pick the lowest fat choices from the food groups. No specific serving size is given for the fats, oils, and sweets group because the message is **USE SPARINGLY**.

Milk, Yogurt, and Cheese

- 1 cup of milk or yogurt
- 1 1/2 ounces of natural cheese
- 2 ounces of process cheese

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

- 2-3 ounces of cooked lean meat, poultry or fish
- 1/2 cup of cooked dry beans, 1 egg, or 2 tablespoons of peanut butter count as 1 ounce of lean meat

Vegetable

- 1 cup of raw leafy vegetables
- 1/2 cup of other vegetables, cooked or chopped raw
- 3/4 cup of vegetable juice

Fruit

- 1 medium apple, banana, orange
- 1/2 cup of chopped, cooked, or canned fruit
- 3/4 cup of fruit juice

Bread, Cereal, Rice, and Pasta

- 1 slice of bread
- 1 ounce of ready-to-eat cereal
- 1/2 cup of cooked cereal, rice or pasta

Information and graphics provided by the U.S. Department of Agriculture



Hit it

Hard

*Fitness Strategies from
Pro Tennis Coach*

Nick Bollettieri

Story by John Kirby

So, you want to get started on a physical fitness routine, eh? Not sure what to do? Well, it just might be easier than you think. According to professional tennis coach Nick Bollettieri, all you really need is enthusiasm and some good ol' fashioned "stick-to-it-iveness." "The key is making physical fitness a high priority in your life. You have to really want to do it"

And Bollettieri ought to know. He's been coaching professional tennis for more than 40 years. His list of students reads like a *Who's Who* in the sport: Andre Agassi, Monica Seles, Boris Becker, Mary Pierce, Tommy Haas, sisters Venus and Serena Williams and 1997 French Open winner Iva Majoli — just to name a *few*. At age 67, he remains incredibly fit, displaying an energy level sometimes unmatched by his teen-age players.

This is one man devoted to fitness.

"For your program to be successful, you have to

attack it and stay devoted to it," said Bollettieri. "It can't be an on-again, off-again activity — you must be consistent. You must learn to coordinate your entire day and night activities, eliminating stress to a minimum."

To help you keep track of your progress, the coach recommends keeping a log of your daily activities. Write down what you did, how long you did it and even how you felt doing it. You're not always going to achieve your goals, but if you recognize that up front and log it, you'll be sure to improve in the long run. "Be sure to put down your ups and downs," said Bollettieri, "but most importantly, be truthful to yourself."

Setting realistic and personal goals is also very important said Bolletteiri. All the energy in the world will do you no good if you try to take on too much, stressed the coach. And what's worse — you could really hurt yourself. "As I say to all my

students on all levels of play, 'try to get a little better each day. Trying to do too much too [soon] will often bring disaster.'"

Your goals should also be tailored to your particular abilities. "Each person is different," continued Bollettieri, "and each person should have a program that is best for their needs."

Before beginning your program, Coach Bollettieri recommends getting a complete evaluation of your nutrition and mental needs.

"Take stock of those factors in your life that may play a big role in your overall fitness. Ask yourself: 'Are you eating well-balanced meals? Are getting enough sleep? How does stress on the job affect you?'"

"Consider it all, because it's all important if you want to get fit and stay that way. You cannot leave one stone left unturned to be the best you can be," Bollettieri said with a smile. ‡

Coming of Age

If you've ever wondered how the real pros get ready for a match, consider the efforts of Tommy Haas. At age 19, Haas is already ranked 36th with the Association of Tennis Professionals (ATP). That makes him the youngest professional player in the world so highly ranked. Haas has been playing tennis since the age of 8, but he readily admits that he didn't get this far through sheer talent alone. It's taken hard work — a lot of it. Professional tennis is brutally competitive, almost unforgiving. Haas trains hard because he has to.

Tommy Haas follows a strict regimen, but he does alter it a bit depending on whether he's at a tournament or at home practicing.

Tournament Play

A good night's sleep is paramount. Tommy will always be in bed by 11 p.m.



Photo by Iris Kraft

His day starts with a complete and nutritious breakfast, followed by a brief, two- to three-hour warm-up period before playing. If he plays in the afternoon, he eats a very light lunch. Diet is critical. "I must watch my intake," he said, making sure sugar and other quick energy fixes are kept to a

minimum. Practice sessions focus on timing drills, serving and returning serves.

Just before the match begins, Haas gets last minute advice from coach Nick Bollettieri while he skips rope. "Skipping rope is a must for me every day. It has really helped my movement," Haas said.

After the match, he gets a massage and prepares his strategy for the next match.

Practice

Haas attacks practice at his home base in Bradenton, Fla., with the same aggressiveness that he does during tournament play. "Even during practice days I stay up with my fitness program," he remarked.

A typical day for him includes two sessions on the court for a total of two hours, followed by an hour or two in the gym. Ample stretching is a mainstay of his routine, and again, he supplements the workout with skipping rope.

When time permits, he likes to relax by playing other sports as well. He enjoys basketball, skiing, golf and body surfing. ‡

A full-page photograph of two men in black wetsuits running on a sandy beach. The man on the left is in the foreground, running towards the camera with a determined expression. The man on the right is slightly behind him, also running. The background shows waves crashing on the shore. The text 'a LEGEND' is overlaid at the top in large green letters, and 'built on SWEAT' is overlaid at the bottom in large green letters.

a **LEGEND**

built on
SWEAT

Navy SEALs have always been surrounded by a certain degree of mystery and intrigue. Their operations are top-secret, their members part of an elite fraternity. Best-selling authors and Hollywood producers depict them as ninja-like phantoms who appear out of the mist, strike, then vanish without a trace. As a result, SEALs are becoming the stuff of legend.

But behind the legend are Sailors. Sailors whose job is to go where no one else can. Sailors whose mental and physical toughness is forged by old-fashioned hard work and sweat.

Kory Knowles and Jeff J. Bramstedt know what it takes to be among the military's elite. Knowles, a boatswain's mate 2nd class from St. Petersburg, Fla., is a first-phase Basic Underwater Demolition/SEAL (BUD/S) instructor and Bramstedt, a hospital corpsman 2nd class from St. Louis, is a member of SEAL Team 1.

According to these veteran SEALs, a strict regimen of exercise, nutrition and rest is required to stay in top physical shape. SEALs are experts at all three. "SEALs train

for endurance and strength," explained the 27-year-old Knowles. "The staples are running, swimming, calisthenics and weight training."

When not deployed, all SEALs participate in command-organized PT programs. Every morning they form up for an intense workout of push-ups,

sit-ups, flutter kicks, lunges and eight-count body-builders followed by running, swimming or hiking.

Each SEAL also incorporates his own personal training program. Some follow a weight training program while others focus on a cardiovascular routine.

For Bramstedt, also 27, a large part of staying fit is putting the right fuel into the body. He believes good fitness is formed around a balanced diet.

"Nutrition is the key to making the entire fitness concept complete. It includes eating the right food at the right times," said Bramstedt, who has served five of his seven years in the

Navy as a SEAL. "That means eating five to eight small meals per day to include the correct amounts of protein, carbohydrates and fats."



Knowles (right) guides fellow SEAL Bramstedt through another grueling repetition. Weight training, along with running, swimming and calisthenics, is an important element in a SEAL's total work regimen.

◀ HM2(SEAL) Jeff J. Bramstedt (left) and BM2(SEAL) Kory Knowles emerge from the water and charge the beachhead at Naval Amphibious Base Coronado, Calif.



▲ BM2(SEAL) Kory Knowles balances out his training program with a rigorous workout of weight lifting.

A component of nutrition many people overlook, but which is vital to SEALs, is hydration. According to Knowles, SEALs drink water continuously throughout the day. Proper hydration is as crucial to a good training regimen as discipline and the drive to succeed.

But neither good nutrition nor exercise will do any good without rest.

"When fatigue sets in, people are more predisposed to injury," said Knowles. "You need rest so that your body has an opportunity to recuperate and adapt to new stimulus."

Good fitness isn't exclusive to SEALs. "There are no secrets to good fitness," said Knowles. "You just have to have a balanced program and the discipline to carry it out."

Books and movies may continue to build upon the legend. But every SEAL knows fitness and discipline are what get the mission done. For these warriors, legend isn't built on image, it's built on sweat. ‡





◀ Basic Underwater Demolition/SEAL (BUD/S) candidates lug an inflatable boat along the Southern California shoreline as part of their physical readiness regimen. The acronym "SEAL" stands for Sea, Air and Land—the environments in which the commandos do business.

▼ YN2 (SEAL) Monte Jones of SEAL Team 1 stretches out at morning PT.



▲ Leg stretches help prevent leg injuries during workouts.



George Onyenyeonwu

(Onyen-ye-on) lives in the fast lane. Whether working as a surgical technician at Naval Medical Center, San Diego, or competing as a champion sprinter, this hospitalman is fast. And speed is what he'll need to reach his lifelong dream of running in the Olympics.

To get to Sydney, Australia, in 2000, the Nigerian-born Sailor will need to stay focused and healthy.

"You reap what you sow in track and field," he said "Unlike team sports, you're on your own out there. No one's going to carry you across the finish line."

Onyenyeonwu knows what it takes to succeed: discipline and determination. In the last year he has crossed the finish line first eight times. Gold is definitely his favorite color.

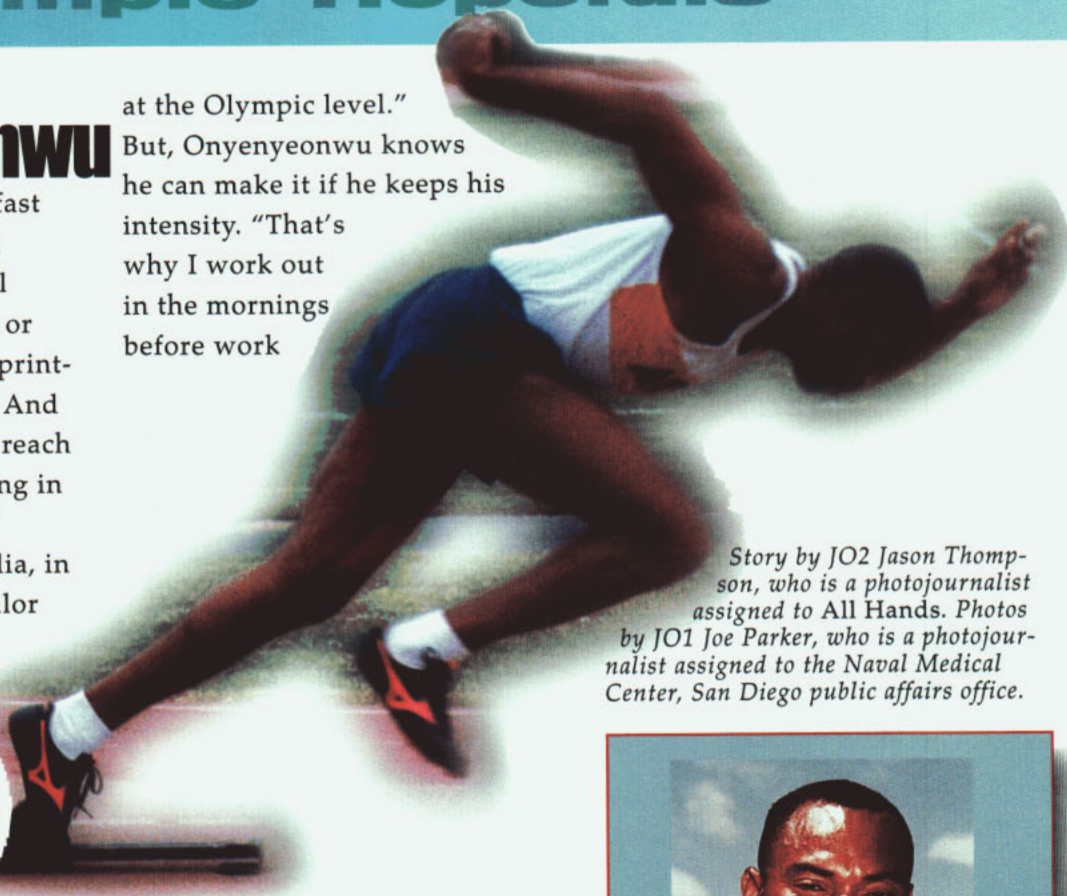
"Every time I win a race it gives me a tremendous feeling of satisfaction," said the 31-year-old athlete, who has been competing for more than 15 years. "The medals remind me of all the hard work I've done to stay competitive. Winning is a great motivator, but if I don't win, at least I know I gave it my best shot."

Soon the lean, 6-foot-1-inch sprinter will give it his best shot for a spot on the U.S. Olympic track and field team.

"It takes a tremendous amount of time and hard work to compete

at the Olympic level."

But, Onyenyeonwu knows he can make it if he keeps his intensity. "That's why I work out in the mornings before work



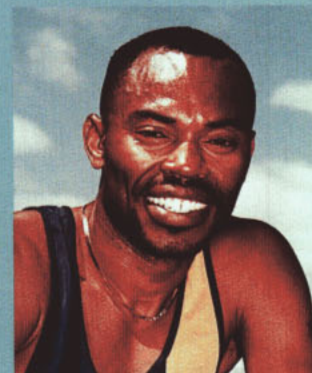
Story by JO2 Jason Thompson, who is a photojournalist assigned to All Hands. Photos by JO1 Joe Parker, who is a photojournalist assigned to the Naval Medical Center, San Diego public affairs office.

"It takes a tremendous amount of time and hard work to compete at the Olympic level."

—HN George Onyenyeonwu

and in the evenings after work."

That kind of dedication and confidence is what Olympic athletes are made of. "When I say to people, 'See you in Sydney!,' said Onyenyeonwu, "I really mean it." ‡



1997 Awards

April 5 Gold, Silver - 200m/100m
San Diego Invitational, San Diego
June 20 Silver - 100m
Moving Shoes-All Comers, San Diego
June 29 Gold (2) - 100m/200m
Trojan Masters, Los Angeles
July 12 Gold (2) - 100m/200m, 4-man
100m relay Western Regional
Masters, San Jose, Calif.
July 26 1st Place (2) - 100m/200m;
2nd Place Overall - 100m
SCA/USATF Summer All-Comers
Grand Prix Championship, Long
Beach, Calif.
Aug. 9,10 Gold - 100m; Gold - 4X400m
Relay; Silver - 200m USATF
National Masters Outdoor Track &
Field Championships, San Jose,
Calif.

1998 Awards

Feb. 15 Gold - 60m; Bronze - 200m
Silver State Indoor Masters
Classic, Reno, Nev.

POWER

Elizabeth A. Evans

trains six hours a day, six days a week, but it took less than two hours to walk into Kailua High School, take care of business and walk out the Hawaii Featherweight Tae-Kwon-Do Champion.

A 12-year veteran of tae-kwon-do, Hospital Corpsman 1st Class Evans has racked up 31 medals since she began competing in 1992.

The Seattle native has a lighting-



Significant Achievements

1996 World Cup, Rio de Janeiro, Brazil - Gold Medalist
 1996 U.S. National Tae-Kwon-Do Championships, Colorado Springs, Colo. - Gold Medalist
 1996 U.S. National Team Trials, Colorado Springs, Colo. - Gold Medalist
 1996 Pan American Tae-Kwon-Do Championships, Havana, Cuba - Gold Medalist
 1996 C.I.S.M. World Military Tae-Kwon-Do Championships, Pula, Croatia - Silver Medalist
 1996 U.S. Olympic Committee Female Athlete of the Year (Tae-Kwon-Do)
 1997 U.S. National Tae-Kwon-Do Championships, Oakland, Calif. - Gold Medalist
 1997 C.I.S.M. World Military Tae-Kwon-Do Championship, Rome, Italy - Gold Medalist

swift kick and a work ethic that is legendary among her peers. "If you don't practice, you don't win. My skills may be off, but my conditioning has to be top notch."

After narrowly missing an Olympic berth in 1992, she is more determined than ever to bring home the gold in 2000.

For Evans, it is a dream well within reach. By dropping weight, competing and winning at the featherweight division, Evans has, in effect,

"If you don't practice, you don't win."

—HM1 Elizabeth A. Evans

doubled her chances of making the Olympic team that will travel to Sydney, Australia, in 2000. "When it comes to the Olympic trials, I will have wild cards in two divisions. So, depending on which division is looking good for me, that's the division I can go with."

Whether working special projects at Administrative Services Department at Naval Medical Clinic, Pearl Harbor, or delivering spinning-hook kicks to an opponent's head, Evans formula for success remains the same.

"Being in the military, you need to be organized," she said. "That carries over to tae-kwon-do as far as orga-



nizing the training and knowing what I need to get done to win."

For now, Evan's training schedule will be geared to get her ready for the U.S. National Tae-Kwon-Do Championships. If all goes well, Evans will represent the United States at the 1998 Goodwill Games in New York City this July.

A victory at the Goodwill Games could secure Evans a spot on the 2000 Olympic team.

"You have to be serious about your training," she said. "You have to want it so bad you can taste it. There's nothing like standing on the podium hearing your National Anthem being played. That's what motivates me." †

Story and Photos by PH1 William R. Goodwin, who is a photojournalist assigned to Hawaii Navy News.



PULL



"This is a sport I truly love."

—FC1(SW) Jose Castillo

Skeet-shooting enthusiasts from all over the country, including five former all-Navy skeet shooting team members, have come to test their skills against each other.

Fire Control Technician 1st Class (SW) Jose Castillo, a six-time all-Ameri-

can skeet shooter stationed at Shore Inter-

mediate Maintenance Activity, Mayport, Fla., is one of them.

Between rounds Castillo remembered how it all began: "I realized I had potential when I was around 7 to 10 years old," said the Jacksonville native.

"It wasn't until 1993 that I realized I could compete with the elite shooters," he admitted. It was a break out year for him, highlighted by Florida and Virginia state championships and a world military championship.

"This is a sport I truly love," Castillo said. "It's a mental

discipline. You've got to make every shot identical. It pushes me mentally and physically."

The 2000 Olympics is Castillo's ultimate destination, but he said it won't come easy. There are many qualifying tournaments during the next two years

Even after his quest for Olympic Gold is over, Castillo promised he'll keep on shooting. "I'll do this forever," he said with a huge grin on his face. "Until I die or my eyes give out." ‡

Story and photos by JO1(AW) Michael R. Hart, who is a photojournalist assigned to USS John F. Kennedy (CV 67) public affairs office.

Jose Castillo

is one of the top skeet shooters in the world and has the year 2000 Olympics in Sydney, Australia, dead in his sights.

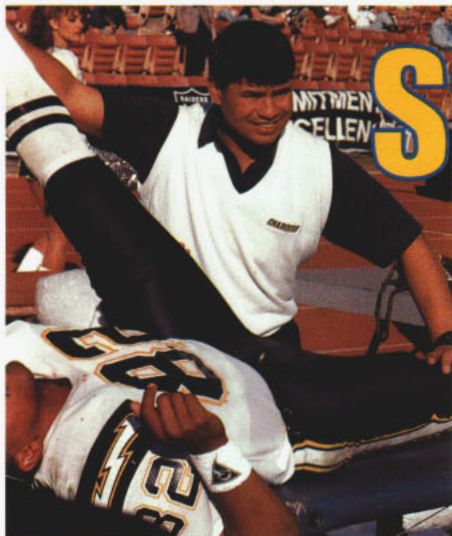
Enter the Gun Club grounds aboard NAS Jacksonville, Fla., and you'll find yourself smack in the middle of a skeet shooting tournament.

The third day of the "Fish Fry Open" is a beautiful Sunday morning in March: sunny, pale-blue skies and not a hint of rain.



Shooting down the competition

1992-1998 — Skeet shooting all-American
1993-1998 — Navy Skeet Team Captain
1993 — U.S. Open champion
1993-1994 — Virginia State champion
1993 — World Military 20 gauge runner-up
1994 — World Military 12 gauge champion
1994 — Tied Open and military 12 gauge World record (250x250)
1994 — Set new 12 gauge two-man team World record (500x500)
1996 — Armed Forces Active-duty World doubles champion
1997 — 12 & 28-gauge Military World Champion



Stretching Tips

By Keoki Kamau, Head Trainer for the San Diego Chargers

We all know exercise is important to stay slim and feel healthy. Many of you already exercise and walk regularly. When choosing an exercise routine, choose one that will benefit your health and that you will enjoy. Stretching is an important foundation to any exercise program.

There are many different stretches. But, only one way to stretch. Have fun, keep it simple, and until next time... Aloha.

Stretching Benefits

- Increases circulation
- Increases the elasticity of muscle
- Increases range of motion
- Enhances the warm-up phase
- Aids in the prevention of injury.

Stretching Tips

- Start slow
- Don't bounce
- Hold stretch position for 15 seconds
- Moderation is key
- Listen to your body, don't overdo it
- Stretch 10 to 12 minutes before exercise



Tony CLARK

First Base, Detroit Tigers

Q Why is staying fit so important?

A "In our line of work it is important for us to stay physically fit throughout the season. We need to be just as strong in August and September as we are in April and May. This also is true in our everyday lives."

Q What's the best type of program?

A "Find a program that's right for you. Have a specific program tailored to what your job is going to physically demand of you. **STICK WITH IT!**"





PRT Changes

Story by JO2 Thompson

The new physical readiness test (PRT) regs are out and will go into effect fleetwide in September.

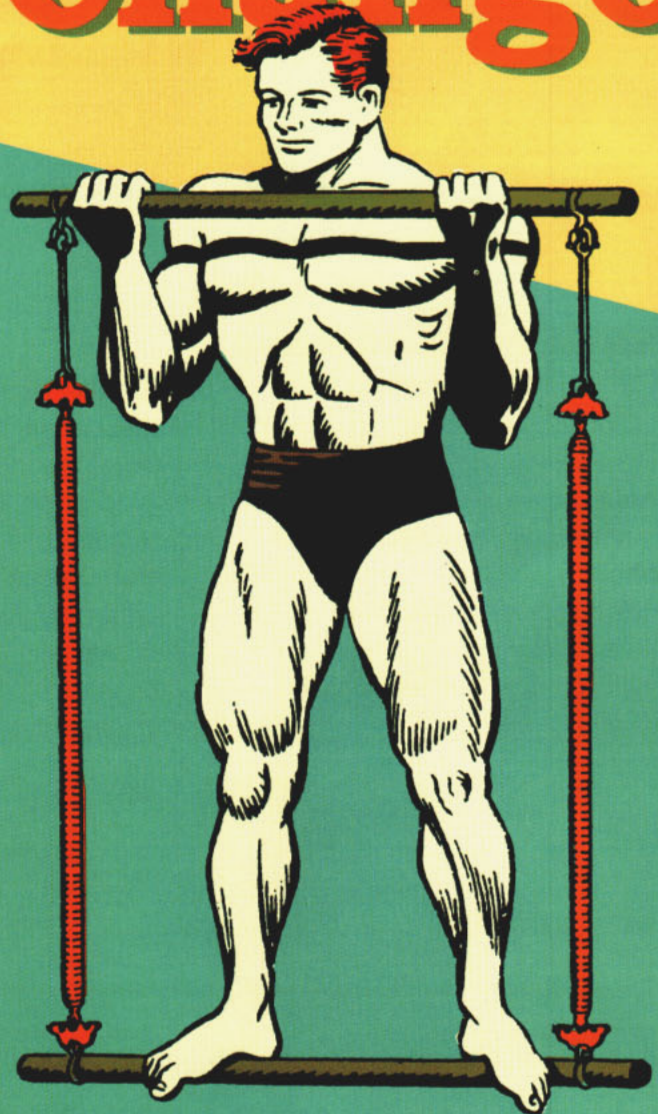
Sailors are still required to exercise at least three times a week; maintain a healthy lifestyle and good eating habits; and stay within height-weight or body fat standards. But, there are a few changes that every Sailor should know about.

Special PRTs

COs will now have the authority to grant certain Sailors special PRT follow-up tests. The tests will serve as a tool for approving or delaying a Sailor's promotion, redesignation or frocking.

Sit-reach

Failure on the sit-reach portion of the PRT will no longer mean an automatic failure. However, it will result in the Sailor being assigned to a command-directed physical training program emphasizing the importance of flexibility to overall health and fitness.



Faster Running Times For Women:

Run times for women ages 17 to 29 will be trimmed to more accurately reflect the age group's aerobic capacity. The following table summarizes the changes to the 1.5-mile run times:

(M=MEN, W=WOMEN)

	17-19 YRS M/W	20-29 YRS M/W	30-39 YRS M/W	40-49 YRS M/W	50+ YRS M/W
OUTSTANDING:	9:00/11:30	9:15/11:30	10:00/12:00	10:15/12:15	10:45/12:45
EXCELLENT:	9:45/12:30	10:30/13:15	11:45/13:45	12:15/14:15	12:30/14:45
GOOD:	11:00/13:30	12:00/14:15	13:45/15:30	14:30/16:15	15:15/16:45
SATISFACTORY:	12:45/15:00	13:45/15:45	15:30/17:15	16:30/18:15	17:00/19:00

Hit The Fleet



Body Fat/Height-Weight Changes:

Body fat standards for men will stay at 22 percent while women's will increase from 30 to 33 percent. The height-weight table will change for both sexes and will more closely reflect upper body limits for body fat. Overall, maximum allowable weights for both men and women will be reduced by several pounds.

Although height/weight tables only approximate body fat levels, they remain an effective screening tool. The following table summarizes the changes to the maximum allowable weights which will be used for PRT cycles conducted on or after Sept. 1, 1998. (e.g., ht/wt measurements taken in August 98 for a September 1998 will use the following table):

Weight for Height Table

Women—Maximum Weight in Pounds	Height in Inches	Men—Maximum Weight in Pounds
134	58	132
138	59	137
142	60	142
145	61	147
149	62	152
152	63	157
156	64	162
160	65	167
163	66	172
167	67	177
170	68	182
174	69	188
177	70	192
181	71	196
185	72	201
188	73	206
192	74	211
195	75	216
199	76	221
203	77	226
206	78	231
210	79	236
213	80	241

Pregnant Sailors:

Pregnant Sailors will now participate in an exercise routine approved by their physician (unless they are medically waived). They will continue to be waived from body fat requirements and PRTs during and six months after their pregnancy.



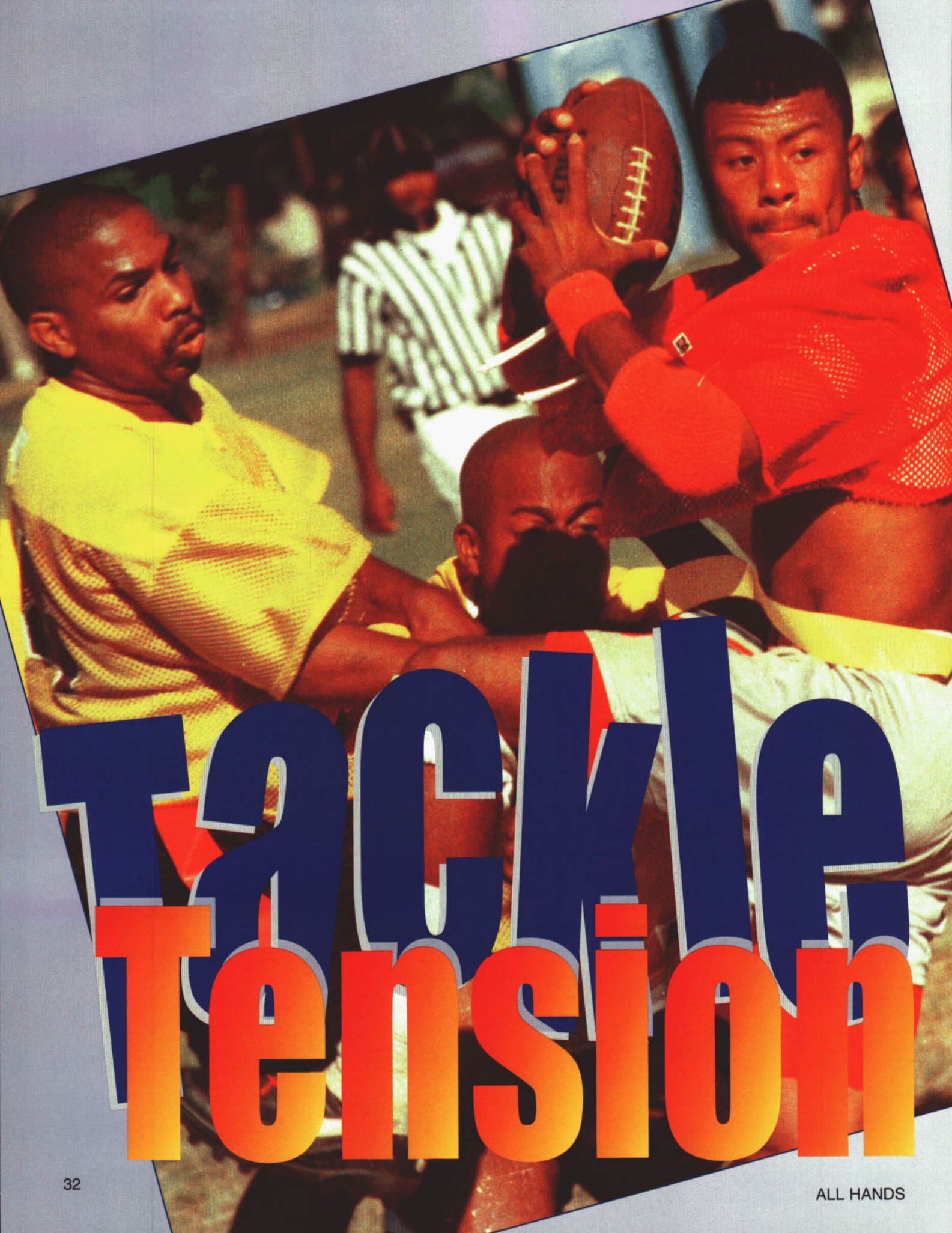
Mandatory CFC Certification:

Command fitness coordinators (CFCs) will have six months from the time they take the duty to go through a mandatory training certification process. The training will be conducted either via video teletraining or in person with a Navy fitness instructor. CFCs who were trained after January 1996 will be considered certified.

The new instruction (OPNAVINST 6110.1E) can be downloaded from the Navy Electronic Directives System (NEDS) web site at
<http://www.dodssp.daps.mil/usndirs.htm>
 and via BUPERS Access (DSN: 225-6900).



Thompson is a photojournalist assigned to All Hands.



Tackle Tension



Intramural Sports give Sailors a Constructive Outlet

Story by JO2 Jeremy Allen; photos by JO1 Ron Schafer

With hectic operational schedules, time spent performing maintenance and necessary training evolution's, Sailors are always pulling long hours. But when the day's work is over, Sailors need a place to unwind, have fun and let off steam.

One way to do this is by playing sports.

The Navy offers Sailors the opportunity to participate in off-duty recreation through the Navy Recreational Services Program in the form of intramural sports. The program is run by the local Moral Welfare and Recreation (MWR) Department.

The mission of the intramural program is to provide a variety of good, wholesome recreational fun for Sailors and their families. This "outlet" allows them to maintain a high level of alertness, job effectiveness and physical well-being.

Throughout the fleet, MWR programs offer intramural leagues in events ranging from softball, basketball, bowling, golfing to racquetball, badminton, and sailboat racing.

With Sailors and their commands moving at a frantic

pace, putting teams together can sometimes be a difficult job.

But commands and commanders are highly encouraged to support any recreational program that allows its members the chance to enhance morale and physical fitness.

One example of an effective intramural program is the one lead by John Lucas, the assistant athletic director at Naval Station Norfolk. "We tailor the schedule around the command's availability and operational or training commitments. This gives everyone the best chance to participate."

The idea of the intramural program is to get as many Sailors as possible involved. The program is set up to allow tenant commands as well as homeported and visiting ships to participate in any of the activities or start their own.



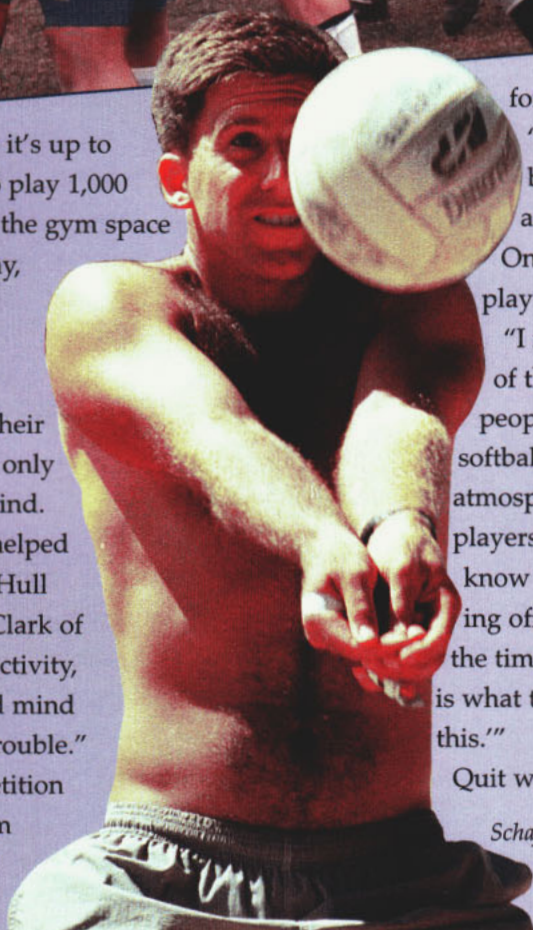


"The Sailors love it because it's up to them," Lucas said. "If they want to play 1,000 games and we have the funds and the gym space and another team that wants to play, we'll do that. It's nice to be able to give them that option."

The intramural program gives Sailors another option to increase their talent, motivation and skills. It not only conditions the body but also the mind.

"Playing sports in the Navy has helped get me to where I am today," said Hull Technician 1st Class (SW) Paul E. Clark of Shore Intermediate Maintenance Activity, Norfolk. "It helps me keep a sound mind and body, and it keeps me out of trouble."

Along with a little healthy competition and rivalry, the intramural program gives an outlet for Sailors to 'show their stuff' and compete with



other shipmates. "We live for some of these rivalries," said Clark. "I enjoy the competition. Fighting for bragging rights against other ships and shore stations gets me excited."

One of the things that really makes us play hard is when our fans come out.

"I really get into that," Lucas said. "A lot of the commands will have 40, 50 or 60 people coming out to watch volleyball, or softball, or basketball. It just raises the atmosphere to a different level. I think the players play a little harder because they know that their buddies or their commanding officer is watching them play. Those are the times when you step back and say, 'This is what the job is all about; this is why we do this.'"

Quit wasting time and join a team today.

Schafer is a Norfolk-based photojournalist for All Hands.



MARY JOE FERNANDEZ



**Mary Joe Fernandez,
International Tennis Star**

Q What things has tennis brought to your life?

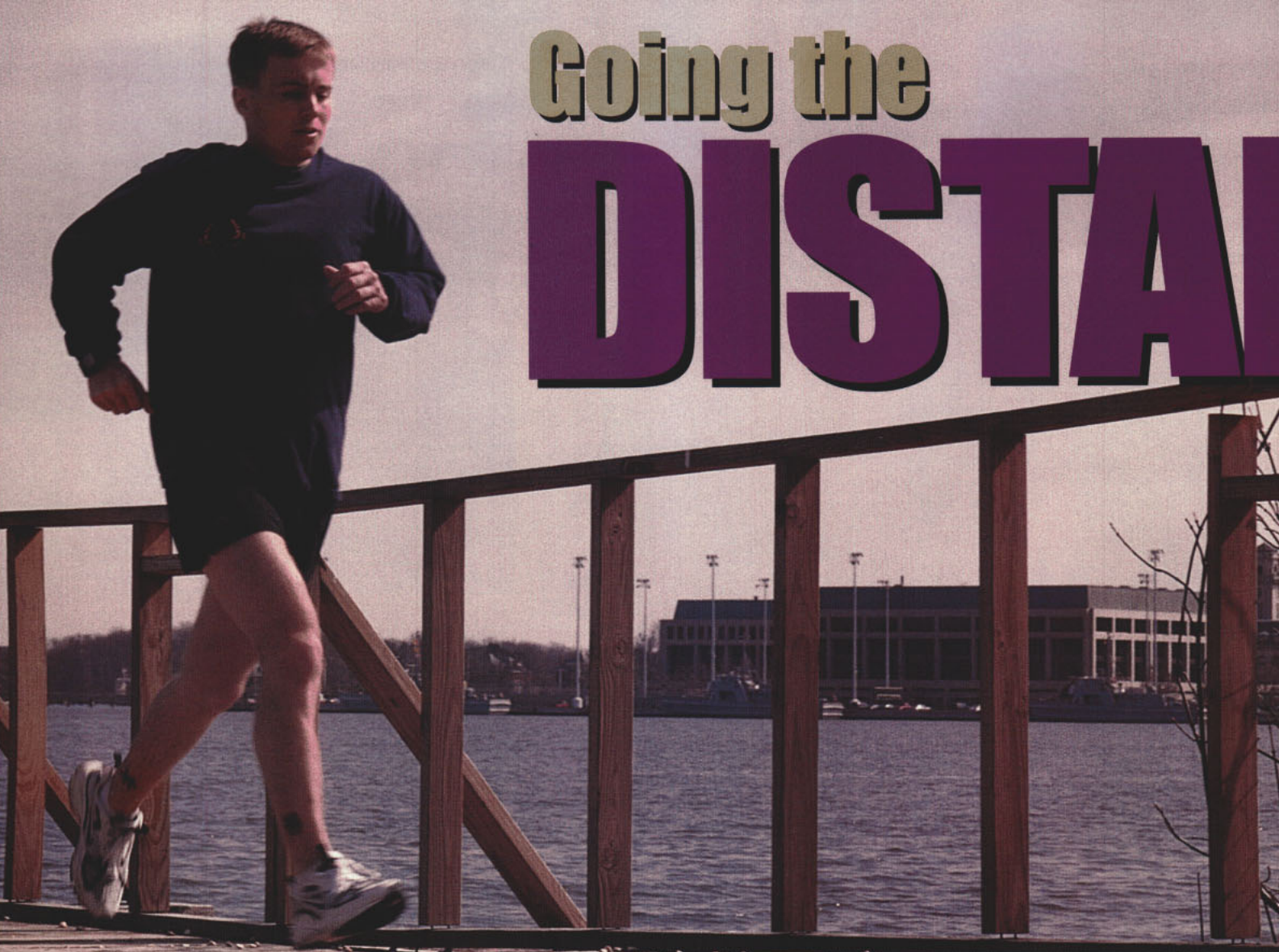
A "It has taught me discipline, a good work ethic, concentration and the ability to prioritize my time. Tennis has just brought so many wonderful things to my life — travel, friends and physical fitness."

Q What sort of regimen do you follow?

A "I play two hours in the morning and two hours in the afternoon with about an hour and a half of some sort of fitness training afterward — running sprints, footwork drills, bicycling, weight training or even long distance running."

Q How does staying fit benefit you beyond tennis?

A "I just feel so much better when I exercise. I have more energy and am more alert. For good overall health, any kind of exercise is great."



Going the DISTANCE

Story by JO2 Mark Savage, photos by PHAN Lena Gonzalez

When Sailors prepare to run, they usually set their sights on the biannual physical readiness test or a 5K or 10K run for charity. But for serious runners like Boatswain's Mate 2nd Class Michael J. Morton, these distances are just too easy.

"People seem to think a marathon is the ultimate racing distance, but it's not," said Morton, "There are people who run 1,000-mile country races. You just run and sleep."

He is referring to an event called the ultramarathon — the ultimate test of a runner's endurance.

Morton, assigned to the dive locker, Naval Station Annapolis, Md.,

began running long distances competitively while stationed in Diego Garcia in 1992. But it wasn't until he reported aboard USS *L.Y. Spear* (AS 36) in Norfolk in 1993, that he was exposed to ultramarathon running.

Morton never again looked at running the same way again. "I've run shorter distances, but I'm not that fast," Morton said. "But in races where endurance takes over rather than speed, I discovered I could be more competitive."

Morton finished his first ultramarathon in a time of 7 hours, 22 seconds, placing sixth for the 40-mile race.

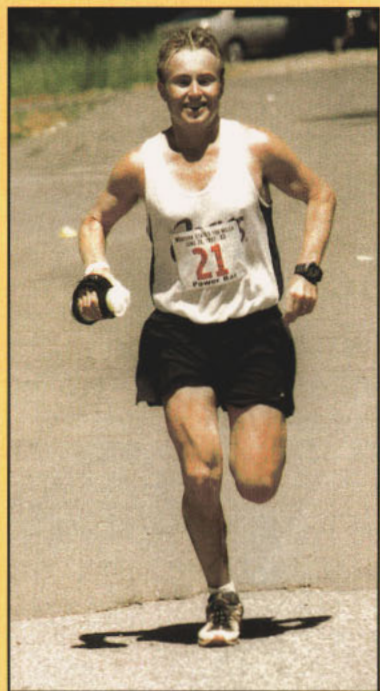
Since then Morton has run in

almost 30 races, including the "Flatlander 50" in Virginia Beach, Va., where he finished first in 6:36, and the "Old Dominion 100" in Woodstock, Va., where he tied for first with a time of 17:40 — that's 100 miles in less than 18 hours, or about 6 miles per hour.

"It's a great feeling of accomplishment after running 20-some hours to finish a 100-mile race," he said. "There's a million reasons to quit. But you somehow fight the urge and just finish. And that's the only reason to do it — to finish." †

Savage is a journalist assigned to Naval Media Center and Gonzalez is a photographer assigned to All Hands.

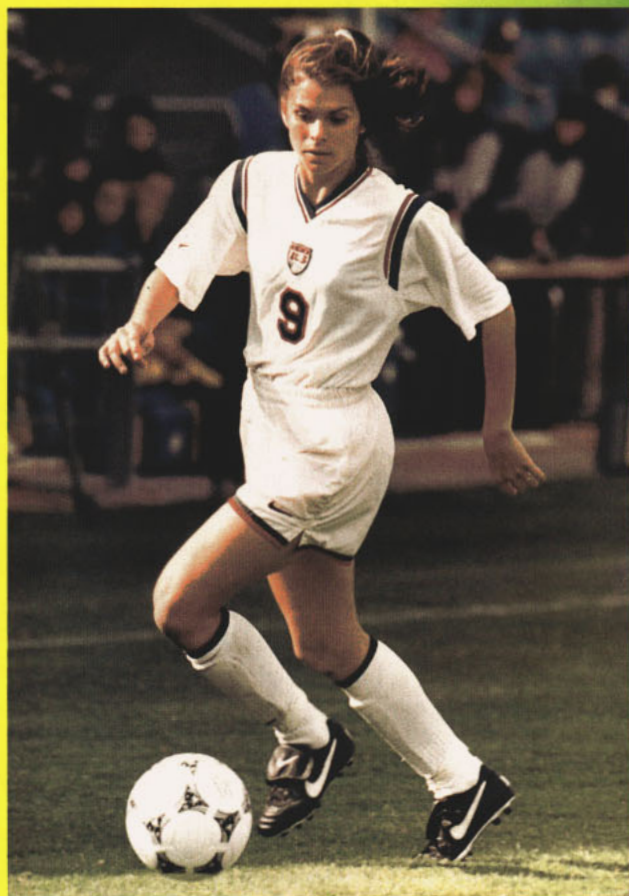
NICE



Morton's Best Finishes

- 1997 **Western State 100**, California, 1st place 15:40 (course record)
- 1997 **Trial Run across the Commonwealth**, Virginia, 4-day 150-mile stage race 24:21
- 1997 **Dances with Dirt 100K**, Michigan, 1st place (course record) 8:54
- 1997 **Rattlesnake 50K**, West Virginia, 3:41
- 1996 **Massanutten 100K**, Virginia, 1st place (course record) 20:21
- 1996 **National Trail 50K**, Texas, 3rd place 5:57
- 1996 **General Nutrition Center 50K**, Pennsylvania, 2nd place 5:42
- 1995 **Old Dominion 100K**, Virginia., 16:55
- 1995 **JFK 50K**, Maryland. 6:08
- 1995 **Vermont 100K**, 1st place, 14:08 (course record)

WILLIAM REEVE



**Captain, U.S. Women's Soccer Team
Gold Medalist 1996 Olympic Games,
Atlanta, Ga.**

Q

How important is teamwork?

A

"It's the team that keeps me going. I have a role to create chances for my team to score and be there for them. They are the ones who help me get through the hours of training and hard work soccer requires. At times it seems it would be easy to quit, but when I look at them working hard I have to keep going — for my teammates and my love for soccer."

Q

Soccer requires a lot of endurance as well as quickness. How do you train for such a demanding sport?

A

"I stay fit with a mix of sprints and distance running. I sprint over a 40-yard course three times, rest 45 seconds and then repeat the set six times. I also run 3 to 4 miles once each week at a steady pace."

Health & Fitness



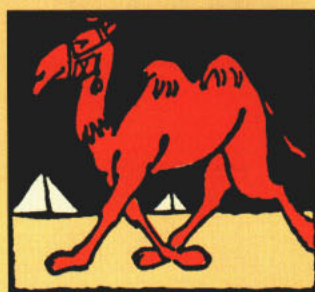
Are you the picture of health and fitness? Take this quiz to find out. Each question has only one correct answer.

1. How often should you wear your seatbelt?

- a. 50 percent of the time
- b. 100 percent of the time
- c. Only while driving on base, because the guard at the gate won't let you in until you buckle up.

2. How much water should you drink everyday?

- a. At least 32 ounces (4 glasses)
- b. At least 64 ounces (8 glasses)
- c. All you need is the 2 gulps you drink to take your vitamins and whatever you swallow while taking a shower and brushing your teeth.



3. What is the Food Guide Pyramid?

- a. A calorie counter
- b. A visual guide to help understand the foods we need, from what groups, and in what amounts
- c. An Egyptian restaurant guide.

4. What is the best way to lose weight?

- a. Skip meals frequently
- b. Eat a well-balanced diet and exercise
- c. Skip breakfast everyday, eat a "candy bar and soda" lunch, eat a huge dinner (you've earned it from starving yourself all day) and then get on the treadmill and run as hard as you can until you collapse.

5. What is the goal of the "5-A-Day" campaign?

- a. To eat only five sweets per day
- b. To eat at least five fruits and vegetables everyday
- c. To limit the number of trips to the all-you-can-eat buffet to five.

6. What is the leading cause of preventable death in the United States?

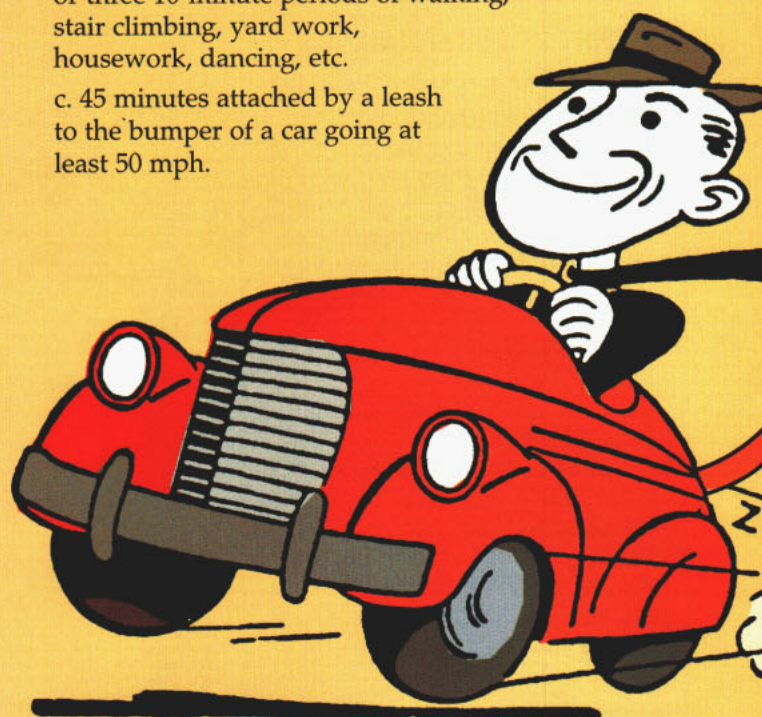
- a. Skin cancer
- b. Smoking
- c. Driving on the wrong side of the road with your headlights off.

7. What is considered low fat?

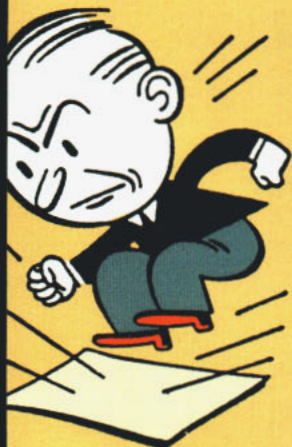
- a. 10 grams of total fat per serving
- b. 3 grams of total fat per 100 calories of a serving
- c. When a serving consists of no more than 50 percent fat. (That's "half the fat," right?)

8. How much physical activity per day do you have to do to improve your heart health?

- a. One hour of aerobic activity
- b. One 30-minute period, two 15-minute periods, or three 10-minute periods of walking, stair climbing, yard work, housework, dancing, etc.
- c. 45 minutes attached by a leash to the bumper of a car going at least 50 mph.



Stress Challenge



9. What is the best answer for effective ways to relieve stress?

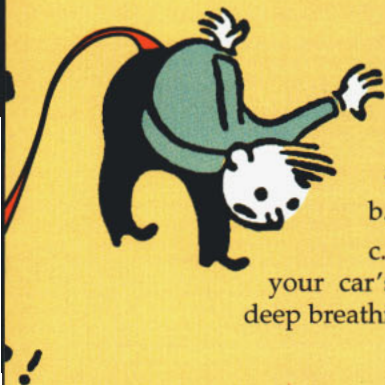
- a. Drink a moderate amount of alcohol
- b. Regular exercise, balanced diet, deep breathing and meditation
- c. Eat a whole bag of cookies, kick the dog and scream obscenities while stomping around the house slamming every door.

10. Which dessert is the healthiest choice?

- a. A piece of chocolate cake with chocolate frosting
- b. A frozen dessert with 3 grams of fat per 1/2 cup serving (such as sherbet, frozen yogurt, ice milk, popsicles or fruit bars)
- c. A bowl of double fudge ice cream with marshmallow topping sprinkled with candies.

11. What is the best choice for lowering your cholesterol?

- a. Don't eat any red meat or eggs
- b. Eat less fat (especially saturated fat) and cholesterol
- c. When adding butter to your popcorn at the theater, cut back to 10 squirts of butter instead of 15.



12. What is a safer alternative to cigarette smoking?

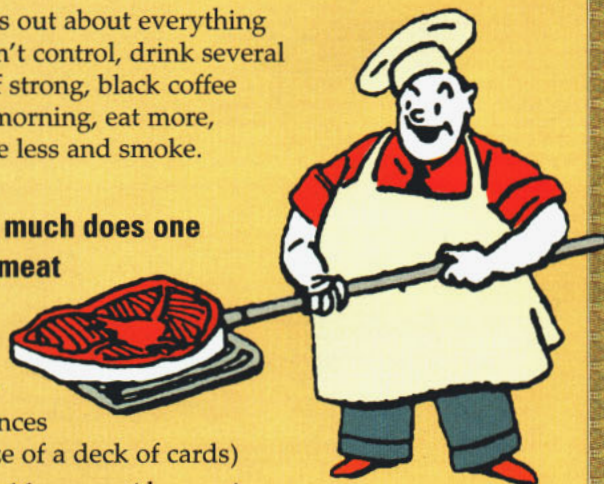
- a. Pipes, cigars or chew
- b. Quit smoking
- c. Wrap your lips around your car's exhaust pipe and practice deep breathing exercises.

13. What are some good ways to lower high blood pressure?

- a. Take your blood pressure medication only when you feel bad
- b. Exercise, cut down on salt and alcohol, lose weight
- c. Stress out about everything you can't control, drink several cups of strong, black coffee every morning, eat more, exercise less and smoke.

14. How much does one serving of meat weigh?

- a. 8 ounces
- b. 3 ounces (the size of a deck of cards)
- c. 12 to 16 ounces (the serving size from your favorite steak house).



- If you answered "B" for every question you are the picture of health. Congratulations on the healthy choices you make daily and keep up the good work. The odds of you living a long and healthy life are with you.
- If you answered "A" for any of the questions, keep trying. Take life one day at a time and vow each morning to make healthier choices throughout the day.
- If you answered "C" to one or more questions, and were serious, it is time to seek professional help.



Courtesy of the Naval Hospital Jacksonville Wellness Center, Jacksonville, Fla.

FIRE WHEN READY!

The Battle of Manila Bay

Story by John Kirby, photos courtesy of the Navy Historical Center

Early on the morning of May 1, 1898, an American naval squadron led by Commodore George Dewey slipped into Manila Bay and annihilated the Spanish fleet waiting for them.

War between Spain and the United States was only six days old. Though Dewey was outnumbered in terms of ships — his squadron had six to the Spanish 12 — the American vessels were more modern, armed with more guns and manned by highly-trained crews. There could be little doubt as to the outcome. The battle lasted about half a day.

When the smoke finally cleared that afternoon, not a single Spanish ship was afloat. Yet not one American ship was significantly damaged. Dewey's victory in Manila Bay was total and complete, and he became a hero. More importantly, the United States gained a foothold in the Western Pacific and a Navy worth boasting about. This is the story of how that happened.

THE FLEETS

On April 25, 1898, the following dispatch was sent to George Dewey in Hong Kong harbor from then-Secretary of the Navy John D. Long:

"War has commenced between the United States and Spain. Proceed at once to Philippine Islands. Commence operations particularly against the Spanish fleet. You must capture vessels or destroy. Use utmost endeavor."

The message was no surprise. Dewey had been expecting it. Before that dispatch reached him, he had ordered all his ships to be battle ready. Coal bunkers were filled, engines were repaired, magazines were restocked, gunnery practice was held and Sailors hung over the sides painting the white ships a wartime gray. One ship was dry-docked, scraped and painted within 24 hours. Throughout, Dewey remained confident. "Our squadron will be superior to the Spanish," he wrote his

son. "I think it will be short work for us."

The American squadron was not big, but it packed a pretty mean punch. Besides his flagship, the cruiser *Olympia*, Dewey had three other cruisers — *Baltimore*, *Boston* and *Raleigh*. He also had two gunboats, *Concord* and *Petrel*, and the revenue cutter *McCulloch*. All told, his force consisted of more than 1,800 men, 33 mounted guns of six inches or more that could fire a broadside totaling 3,700 pounds.

Opposing him was Admiral Patricio Montojo Pasaron and a Spanish squadron of 12 vessels — seven cruisers, five gunboats, two torpedo boats and two transports. Of the cruisers, only Montojo's flagship, *Reina Christina*, could be called modern. She came in at 3,500 tons and mounted six 6.2-inch guns, but she was not considered seaworthy due to a leak in her hull. Another of Montojo's cruisers, the wooden *Castilla*, was unable to move under her own power.

Together, Montojo's fleet had 1,200 men, 14 mounted

DEWEY

You may be when ready



Painting by DMSN Michael Noeth



guns of six inches or more and fired a broadside totaling 1,273 pounds.

What the Spanish admiral did have in his favor, though, was the added strength of several shore batteries protecting Manila and the entrance to the harbor. Realizing he had little chance of defeating Dewey in a battle of maneuver, Montojo planned to fight at anchor, using his ships as a fortress fleet to supplement these batteries. Wisely, he anchored off Cavite rather than Manila itself. "I refused to have our ships near the city of Manila," he said, "because, far from defending it, this would provoke the enemy to bombard the plaza, which doubtless would have been demolished on account of its few defenses." On April 30, towing the *Castilla* behind a transport ship, Montojo anchored his fleet in line of battle: *Reina Christina*, *Castilla*, *Don Juan de Austria*, *Don Juan de Ulloa*, *Luzon*, *Cuba* and *Marques del Duero*. The stage was set.

PRELUDE TO BATTLE

After receiving his orders, Dewey waited in Mirs Bay (some distance up the Chinese coast from Hong Kong) for 36 hours until the American consul arrived from Manila with the latest word on Spanish preparations. Satisfied that he was ready, Dewey set sail for the Philippines on April 27. He drilled his men hard throughout the three-day transit. Battle drills were conducted day and night — fire fighting and damage control training, too. So concerned was he about the threat of fire that he ordered practically everything flammable thrown overboard.

Wooden chairs, books, tables, chests and even paint cans bobbed up and down in the fleet's wake. The commodore was leaving nothing to chance.

On the afternoon of April 30, the squadron arrived in Subic Bay and looked around. They expected some Spanish presence there, but Montojo had evacuated the area days before to strengthen his position at Manila. Finding them gone, Dewey knew just where to search. "Now we have them," he remarked.

Off Cavite, Montojo received word of Dewey's movements. "At 7 p.m. I received a telegram from Subic announcing that the enemy's squadron had entered the port at 3 p.m., doubtless seeking our ships." He knew that when Dewey didn't find him there, he would come full bore to Manila. It was just a matter of time. With only hours left to prepare, the Spanish admiral put his commanders on full alert, gun crews at the ready.

The broad opening into Manila Bay is divided into two channels, the larger one being about three and a half miles wide and 17 to 30 fathoms deep. Dewey figured that its depth would prevent effective mining and its width would prevent accurate fire from the shore batteries flanking either side. But some on his staff disagreed and felt the threat of mines to be very real. Dewey remained adamant. In reply to the suggestion of his nephew, Lieutenant William Winder, that a supply ship lead the formation in, Dewey said, "Billy, I have waited 60 years for this opportunity. Mines or no mines, I am leading the squadron in myself."

FIRST SHOTS

Just after midnight on May 1, 1898, the commodore did just that. With men at general quarters and all lights extinguished save stern lights, Dewey's column of ships approached the entrance to Manila Bay. All was quiet. In the moonlight broken by passing clouds, they must have been visible to spotters ashore. Within minutes signal lights were seen flashing, and within minutes of that the batteries on the south side of the channel let loose. Their shots fell wide, splashing harmlessly in the water. The ships in the rear answered immediately and silenced the batteries.

Having entered the bay without a scratch, Dewey slowed base speed to four knots, timing the squadron's arrival for daybreak. It was already hot. A humid mist rose from the surface of the water. Pitch bubbled up from

seams in the deck, sticking to the bottoms of shoes. Below decks, with all portholes secured, men felt like they were being cooked alive. Charles Twitchell, a coal stoker aboard the flagship, vividly recalled the conditions: "The clatter of the engines and the roaring of the furnaces made such a din it seemed one's head would burst. The heat grew so unbearably fierce at times our hands and wrists would seem on fire, and we had to plunge them in water." Another Sailor proclaimed that, "Hell ain't no hotter than this!"

The commodore was not unsympathetic. At 4:30 a.m., he ordered all personnel working below to come topside for a break. There, they were given water and coffee and a chance to breathe the fresh morning air. The gesture was not lost on the grateful crew. "We knew that might mean that this was the last glimpse we would ever get of the deck," remembered Twitchell, "and we went down prepared to go to the bottom of Manila Bay. Battened down the way we were ... Had she been sunk there would not have been the slightest chance of escape."

Dewey's timing was perfect; the squadron arrived off Manila just after 5 a.m. Through the early morning mist men could see the church spires and rooftops of Manila but no Spanish ships. Then Dewey looked south — there they were, lying at anchor in a crescent-shaped column stretching west to east off Sangley Point. Just then the city's

batteries opened up, but the commodore ignored them as their shots screamed overhead. He had found his prey.

Calmly he ordered a right turn and an increase in base speed to eight knots, steering the column straight for the Spaniards. A nervous *Chicago Record* correspondent, John T. McCutcheon, riding aboard *McCullough*, likened the move to "going into the jaws of a dragon." The end of an era was at hand.

"Billy, I have waited 60 years for this opportunity. Mines or no mines, I am leading the squadron in myself."

-- Commodore George Dewey

BATTLE

Aboard *Reina Christina*, Montojo watched and waited. He heard the shore batteries firing on Dewey the night before and had ordered his forces to prepare for action. "All the vessels had taken down their masts and yards and oats," he recalled, "to avoid the effects of projectiles



USS *Olympia* leads the American squadron in battle off Cavite where near misses from the Spanish warships splashed around her. The American ships suffered only 15 direct hits, none of them critical.

and splinters, had their anchors buoyed and cables ready to slip instantly." Time was growing short and Montojo knew it. When at last he could see the Americans off Manila, he took quick stock of his forces and prepared to fight.

Standing in *Olympia's* flying bridge, Dewey listened closely as navigator Lieutenant Carlos Calkins called out the diminishing range to the enemy. In the flagship's wake, at 400 yard intervals, steamed *Baltimore*, *Raleigh*, *Petrel*, *Concord* and *Boston*. The little *McCullough* and two coal tenders were ordered to an isolated part of the bay so as not to hamper the cruisers. Tension was high. One of the forward gun pointers aboard *Olympia* reported that he had stared so intently through his gun sights during the advance that when he closed his eyes for a brief moment, the image of it had become burned on his eyelids.

At about 5:15 a.m., with the American squadron three miles away and closing, Montojo ordered his fleet and shore batteries to open fire. The Spanish guns roared to life. From his vantage point, it appeared to Calkins that "fire-crackers" were exploding on *Reina Christina* and *Castilla*. One shell from *Christina* ricocheted off the water and tumbled over the mast of *Olympia*. Another cut away her forward rigging, and one 6-inch shell shot away the signal halyards not 4 feet above Dewey's head. He didn't flinch. Nor would he order a response. "We were patient for 20 minutes," Calkins remembered.

Finally, at 5:40 a.m., with the range closed to 5,500 yards, Dewey hailed Captain Charles Gridley, *Olympia's* commanding officer. "You may fire when ready, Gridley," he ordered. Almost immediately, the American guns spoke with one dreadful voice. "Like an echo the bugles sounded 'Fire!'" recalled a gunner's mate, and the

starboard, 8-inch bow gun "belched her pent up venom" at *Reina Christina*. "Riding back on her trunnions, she slid again into battery as No. 2 [gunner's mate] with crank in hand, stepped out to meet her."

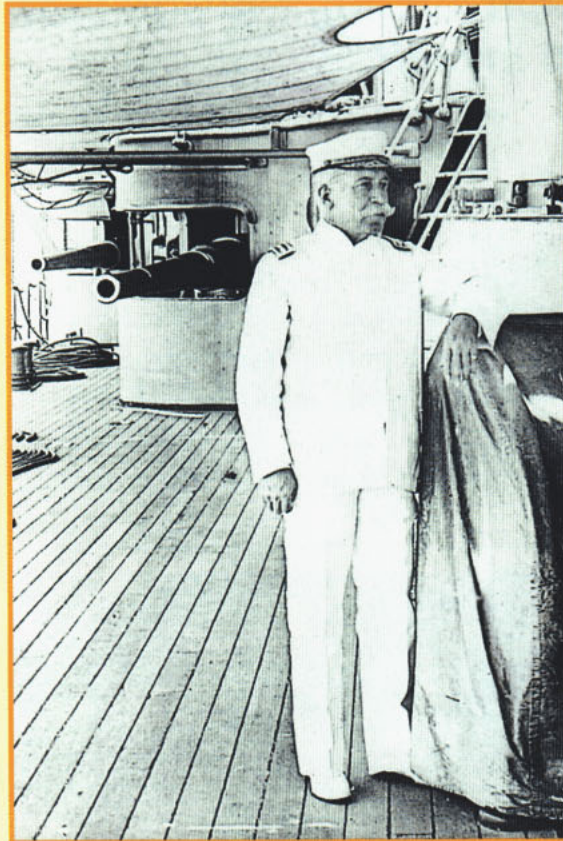
After a few minutes, Dewey ordered another right turn, running his squadron parallel with the Spanish at about 4,000 yards. As the American cruisers, steaming now at a closer 200-yard interval, wheeled in line behind

the flagship the fighting became general. Shells rained down on Montojo and his fleet. "The Americans fired most rapidly," reported the Spanish admiral. "There came upon us numberless projectiles, as the three cruisers at the head of the line devoted themselves almost entirely to fight the *Christina*."

But so thick was the smoke over the bay that gunners on both sides found it impossible to gauge accuracy. What little the Americans could see told them the Spanish had not been hit hard enough. To compensate, Dewey ordered his squadron to pass back and forth in front of the enemy line in a series of long ellipses, making three [passes] from eastward and two from westward. Ensign W. Pitt Scott of *Olympia* remembered the decision: "We had anticipated that once across their line would

be sufficient to silence them, but they did not yield, and so ... we turned and went back at them again. It was getting real interesting now, for many of their shots were coming close aboard, and the screech of the shots as they whistled over our heads was anything but pleasant."

At one point, Dewey got as close as 2,000 yards to Montojo's fleet. The firing became relentless. Exploding shells were so numerous and so thick that watching them almost became mere distraction. "Now and then we would see a shot strike the water ahead of us and explode and the pieces of it come at us," recalled Scott. "I was surprised to find how little it disturbed us." Dewey



Commodore George Dewey onboard his flagship USS *Olympia* in Manila Bay. The turret of one of *Olympia's* 8-inch guns is at right, and two of her 5-inch broadside guns are seen in the background.

The crew of USS *Olympia* march in New York's Dewey Day Parade Sept. 26, 1899. The battle made Dewey and his men national heroes.

himself tried early on to count the number of Spanish shots but soon had to give up. He, too, was unconcerned. "When a shell comes straight along through the air one does not have time to catch sight of it until it has passed. ... But when it bursts in the air before one's face the air seems to be full of chunks of metal."



BREAKFAST

After slugging it out for two hours with Montojo, Dewey decided to draw off and check his ammunition stores. He had received reports of dangerously low amounts and needed verification. So as not to worry his men, the commodore passed it off as a chance to eat breakfast. One eager gunner spoke for many when he yelled out, "For God's sake, captain. Don't let us stop now! To hell with breakfast!"

Nevertheless, the break was welcome. "It was only 7:30, but it seemed to us all as if it were the middle of the day," remarked Scott. Men poured out on deck from the oven below in any matter of dress. To Calkins, it looked as though uniforms were chosen "according to natural selection." Sailors sported golf caps, pith helmets, old pajamas and skimpy undershirts. Indeed, some were barely clothed. "It was the dirtiest-looking crowd that I have ever seen," said Scott. "It was so hot that many had stripped off nearly all their clothes; in fact, in the turrets they did strip off about everything except their shoes, which they kept on to protect their feet from the hot floor." Awaiting them in the fresh air were sardines, hardtack, corned beef and coffee. It tasted good.

The news Dewey received was also good. Not only did he have ample ammunition left, but his squadron had suffered very little damage indeed. There were no casualties, except one aboard the *Baltimore*. *Olympia* and *Baltimore* were each hit five times, with *Boston* taking four shells and *Petrel* only one. None of the hits were critical.

The same could not be said for the Spanish. As the smoke cleared, the carnage inflicted by American gunnery

became clearly evident. With the exception of a few gunboats, Montojo's force had been totally annihilated. *Reina Christina* and *Castilla* were both sunk, and the rest lay twisted and burning in the shallow water off Cavite. More than 300 Spanish sailors were killed or wounded.

CONCLUSION

Dewey reengaged just after 11:00 a.m. but met little, if any, resistance. By 12:30 p.m., the Spanish colors over the arsenal on Sangley Point were replaced by a white flag. The Battle of Manila Bay was over.

When news of the American victory reached home, the nation went wild and Dewey became an instant hero. Domestic support for the war against Spain rose to an all-time high. On Aug. 13, 1898, Manila fell to an American occupation force with only token resistance, paving the way for American annexation of the Philippine Islands.

The United States had finally acquired a foothold in the Western Pacific, the importance of which would not fully be realized until World War II.

But that's another story... ⚓



HotLink

To learn more about the Spanish-American War click on: <www.history.navy.mil> or <www.powerscourt.com>



CyberSailor

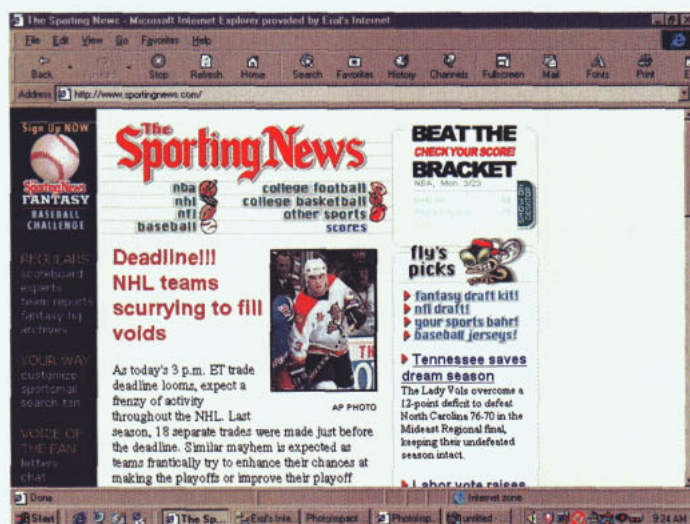
The Sporting Life

The Navy's filled with sports nuts. I'm not talking about your run-of-the-mill fan here. No, I'm talking about the true fanatic, the type of individual who craves sports news like normal people need air. In the days before the "net" and other news sources, shipboard Sailors made sure they had an inside source in Communications, someone who could pass along the scores as the games were in progress.

Today, not every ship has Internet access — at least not yet. For those Sailors, the Navy is providing news services to keep them up-to-date on whatever season it happens to be. Take *Stripes Lite*, for instance. Every day, ships at sea can get the bare bones version of the *Stars and Stripes*, including sports news. "TimesFax," a service of the *New York Times*, also makes sure shipbound seamen receive their daily dose of sports pills.

For those fortunate enough to have access to the web, at sea or ashore, there is a veritable stadium of quality sites with stats on your favorite teams.

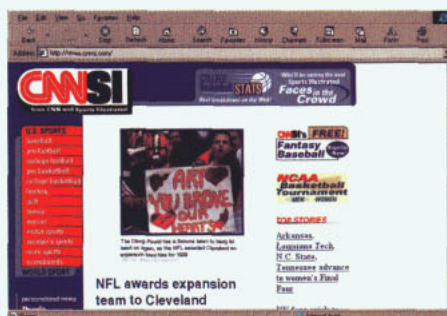
Let's start off with the sites that give everyone something. Yahoo! Sports (sports.yahoo.com/) offers pages featuring the NBA, NHL, NFL, NASCAR, tennis, golf, soccer and more sports than you can stand at one sitting (stand at one sitting? Did I really write that?). Other sites worth checking out include ESPN Sportszone (espn.sportszone.com/), CNN/SI (www.cnn.si.com/), CBS SportsLine (www.sportsline.com/) and The Sporting News (www.sportingnews.com/). Most of these sites feature scrolling scoreboards so you don't have to search for the latest box scores



from ongoing Major League Baseball games.

And speaking of Major League Baseball, the season is in full-swing (pardon the pun). Each team can be found on the web so fans can get the current line-up, complete team roster and even purchase tickets. For instance, I profess a life-long devotion to MY San Francisco Giants (www.sfgiants.com) and their page keeps me informed even when I'm stationed on that "other" coast.

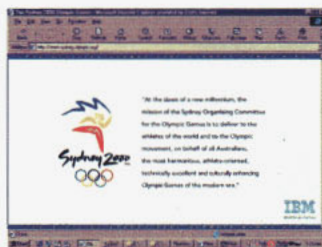
Beyond professional sports, amateurs offer some of the most exciting games around. Did you check out the official web site during the recently-completed Nagano Olympics? Despite the weird weather, IBM kept the latest news from Japan flowing around the world. You can check out the latest goings-on in Sydney, even though it's still two years away. The Sydney 2000 homepage can be found at www.sydney.olympic.org. While the Olympics may be



the pinnacle of amateur sport, these athletes have to start somewhere. One such place is in the Navy. Go to the Navy Sports Center

(www.navysports.com/)

and get the latest news on the Navy Midshipmen. The site is complete and covers all the sports at the U.S. Naval Academy. If you want the official word, the academy also has its own page from the athletic department (www.nadn.navy.mil/athletics.htm).



With some searching, you may even find some sites of special interest to Sailors. For instance, take the Navy Shooting Team (www.usnst.org/). This loose organization helps

coordinate Sailor participation in Navy and national shooting competitions.

From baseball to baton twirling, from polo to hacky sack — you can find what you want at a place that is truly at your fingertips — the internet.

You can't sit there forever!

As I sat at my computer contemplating this month's article, I began to notice something. It was my chair. Although I haven't had it for very long, it's contours had already started reshaping themselves to ensure that I, and I alone, could feel fully comfortable within the chair's gentle grip.

Could it be? Could I have been sittin' a tad bit too long in front of the computer? You betcha!

I heard an expert on the radio say that, for every hour spent on the computer, we should be spending five minutes exercising! I thought I was doing that. Every so often I do get up and go for a walk. I mean, the coffee is located on the other side of the office and the parking lot requires that I negotiate steps, curbs and the occasional puddle.

Maybe that wasn't what was meant by "exercise."

Lucky for me (and maybe you?) there are people who do know what exercise is and how it can make our lives better. Start, for example, with the American Medical Association (AMA). The AMA's Health Insight site has a page devoted to general health topics (www.ama-assn.org/insight/gen_hlth/fitness/fitness.htm). From warm up and cool down to a list of reasons to start a program, this site has information collected from

medical experts designed to get us off the couch and into the gym.

World Fitness (www.worldfitness.org/) is maintained by an American Council on Exercise (ACE)-certified personal trainer. In addition to help in

designing an exercise program, there are also instructions on building your own step exercise equipment (unless you like spending \$50). Another site worth checking out is designed by a certified aerobics instructor. Train the Smart Way (k2.kirkland.cc.mi.us/~balbach/fitness.htm) provides you with a lot of information and, most importantly, links to sites on just about any fitness topics you can think of.

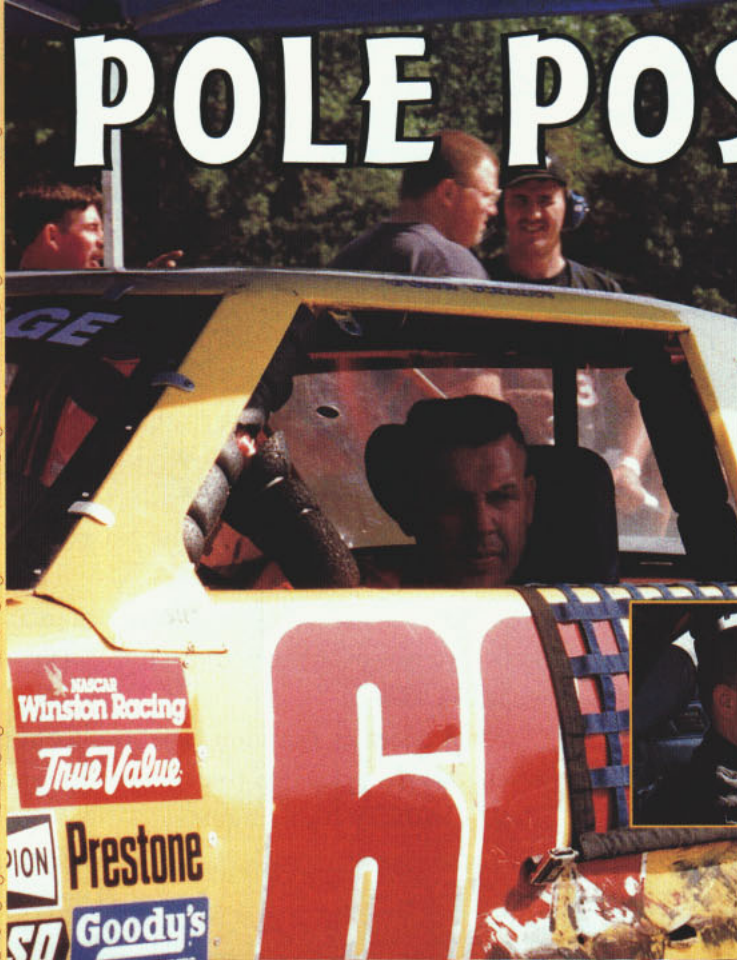
"Garbage in, garbage out" is a phrase most computer-users know. The same is true when it comes to fitness. It figures that what we eat should have a part in how we feel. One of the most complete places to visit belongs to the American Dietetic Association (www.eatright.org/). This site is home to the association's Eat Right Campaign and features a daily nutrition tip. This page provides a long list of links to diet and nutrition sites and is a good starting point in your search for food facts.

You can't argue that staying fit helps us live longer and better. As computers become more and more a part of our lives, fitness and exercise become all the more important.



(The mention of Internet sites in this article does not imply endorsement by the DOD, DON, the Naval Media Center or All Hands magazine.)

POLE POSITION

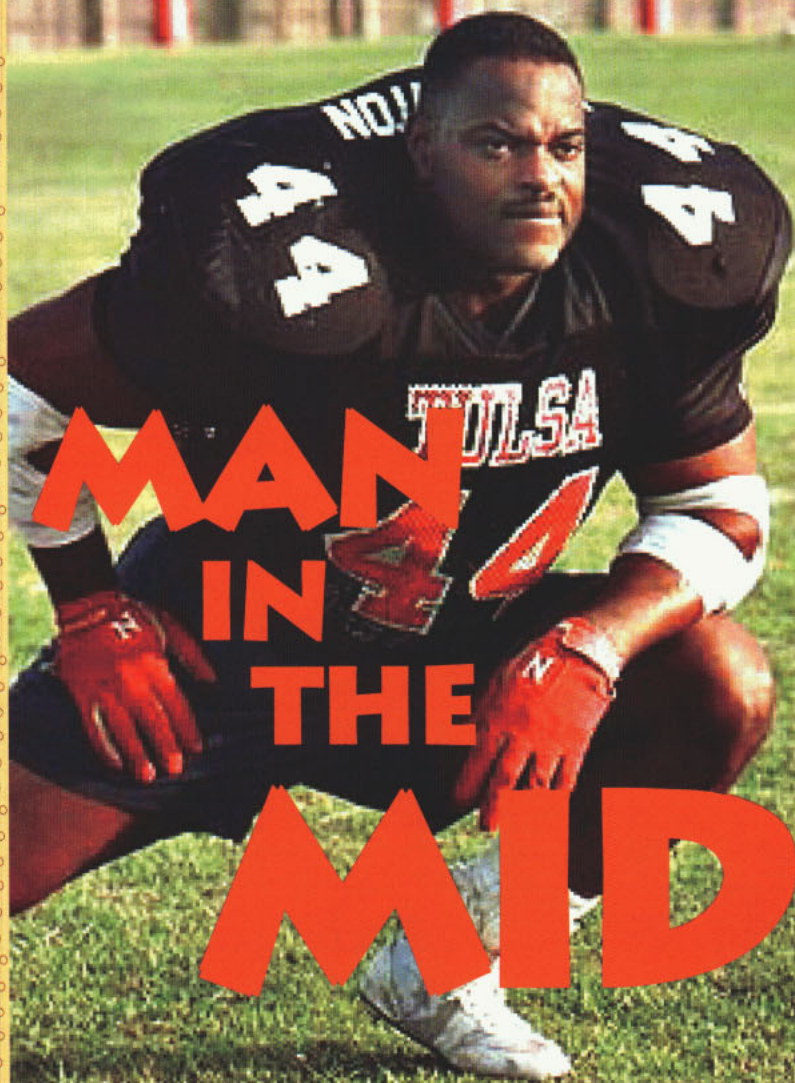


Aviation Structural Mechanic (Hydraulics) 1st Class Rhett Bussler

is a rescue swimmer with the search and rescue squadron when on duty. But off duty, he spends a lot of time going around in circles... well, ovals

actually. Bussler and his crew, which also includes NAS Oceana Sailors, spend their week-ends at the race track during the

season, which runs from April to October.



MAN
IN
THE

MIDDLE

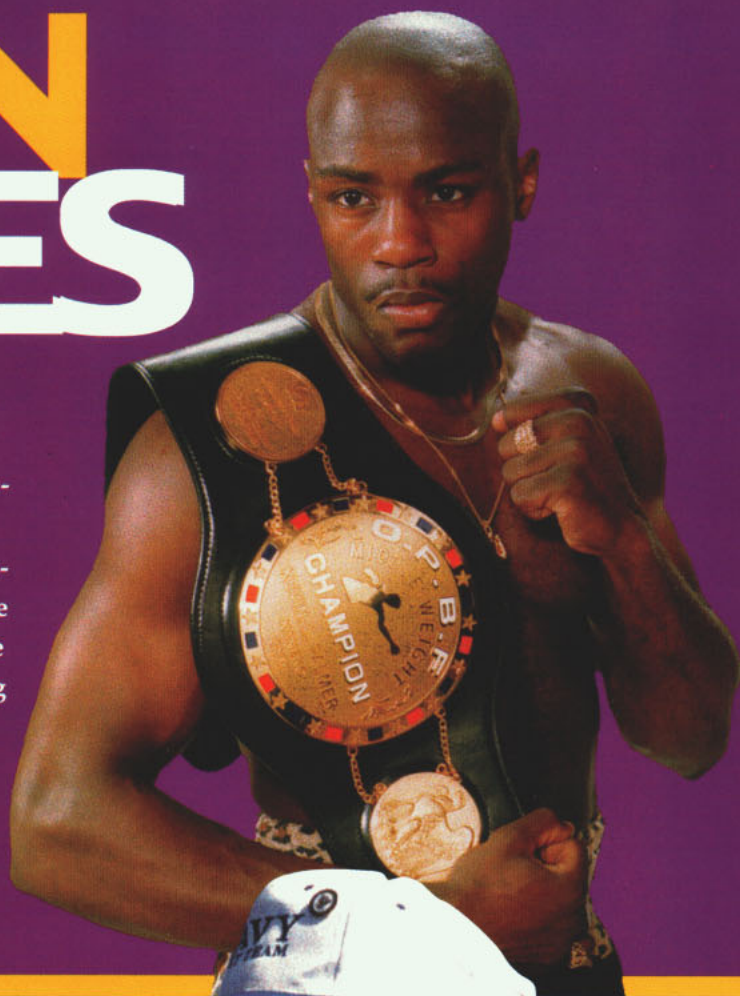
Navy Career Counselor Chief (SW) Bill McClinton

played semipro football with the Tulsa Bandits until his transfer to Navy Recruiting San Diego. He began his semi-pro career in 1991 with the Chicago Thunder as a middle linebacker and was voted Defensive Rookie of the Year in 1992.

GOLDEN GLOVES

Master-at-Arms 2nd Class (SW) Kevin Palmer

is the current Oriental Pacific Boxing Federation Middleweight Champion. The Brooklyn, N.Y., native is assigned to Commander, Fleet Activities Yokosuka, Japan, and has held his championship belt for the past 18 months. His record of 17 wins, 0 losses and 1 tie (with 10 knockouts) places him 5th in the World Boxing Association rankings.



Machinist's Mate (DV) David Cunningham

aims to be the best when it comes to skeet shooting. The native of Jeffersonville, Ind., was the top military finisher at the 1997 World Championship and placed 6th overall in the Open Division. Cunningham, a member of the Navy skeet team and board member of three separate skeet organizations, is a diver assigned to Shore Intermediate Maintenance Activity, Norfolk.



STRAIGHT SHOOTER



Postcard from the Fleet

Name: LTJG Margaret Ashworth

Command: Naval Medical Center Portsmouth, Va.

Hometown: Schaumburg, Ill.

Hobbies: A lifelong figure skating fan, Ashworth got her chance to learn the sport 5 1/2 years ago.

Favorite Duty Station: Naval Medical Center Portsmouth, Va.

Favorite Quote: "Nothing is impossible. The impossible just takes a little longer."

Key to Success: "Be positive. If you have a dream, you will find a way to do what needs to be done and you will make it come true."

Goals: "I want to take and pass the GRE and begin my master's degree in the Nursing program. I would also like to continue competitive skating, make the final found at the 1998 USFSA Adult National Championships and land at least two double jumps by the end of the summer."

